SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 29

World awaits fate of Paris attacks mastermind | WORLD METRONEWS

Toronto metro

Your essential daily news | THURSDAY, NOVEMBER 19, 2015 High 14°C/Low 2°C Cloudy

THREE BOOKS TO RESTORE YOUR FAITH IN HUMANITY
METROLIFE

Plus Carrie Brownstein's journey to Portlandia

LIZ BEDDALL/METRO

Promise of Yonge Love

STUDY

Public asked how to make city's longest street better

Chris Bateman
For Metro | Toronto

Yonge Street is poised to become a pedestrian paradise within the next three years — and it's all thanks to the city's aging water mains.

"We caught wind that Yonge was going to be dug up from the waterfront to about Davenport to replace the water pipes," said Downtown Yonge BIA executive director Mark Garner.

"When you're going to dig something up like this, you want to make sure you put back something better."

To that end, the Downtown Yonge BIA launched a seven-month public consultation to find out what improvements the 42 million annual users of Toronto's longest street would like.

Called Yonge Love, the study polled people via social media, the Internet and from a pop-up store at Yonge and College streets.

The results were clear, Garner said. "People wanted it to be more human scale, more walkable, more patios, more public space."

The city will use the results to guide what gets put back when the water work wraps up near the end of the decade.

Local councillor Kristyn Wong-Tam said studies have shown reducing the number of vehicle lanes on Yonge to make way for more pedestrian amenities won't impact travel times.

> **People wanted it to be more human scale, more walkable, more patios, more public space.**
> Mark Garner

"We have far fewer people traveling to Yonge Street by vehicle. When you have that many people wanting to use the sidewalks, wanting to use the streets, then we have an undemocratic allocation of space," she said.

Read more about the Yonge Love study on page 13

Coverage that works when you can't.
RBC Simplified® Disability Insurance.
• Top up your employer coverage. • Added coverage up to $1,500/month. • Apply in minutes. • Affordable premiums.
Apply now at rbcinsurance.com/works or call 1-866-255-8285

RBC Insurance

Underwritten by RBC Life Insurance Company. ® / ™ Trademark(s) of Royal Bank of Canada. Used under licence.

TOYOTA On the Park

CHOOSE 1 OF 3 OPTIONS:

- 2 YEAR FREE MAINTENANCE PACKAGE
- $500 GAS CARD
- $500 ACCESSORY PACKAGE.

TOYOTA On the Park

TOYOTA ONTARIO DEALER OF THE YEAR

TOYOTA CANADA DEALER OF THE YEAR

3 DAY sales EVENT!

3 DAYS ONLY!
NOVEMBER 19TH, 20TH & 21ST

TOYOTA On the Park

1077 LESLIE ST., TORONTO, ON (Leslie & Eglinton) 1-888-475-7346 toyotaonthepark.ca

YEAR END COUNTDOWN

On now. Don't miss out!

LEASE OR FINANCE FROM 0% ON SELECT 2015 MODELS*

2015 RAV 4**

$2000 CASH REBATE UP TO $500 LEASE ASSIST

ALL IN LEASE	ALL IN FINANCE	ALL IN PRICE
$119 @ 1.49%	$152 @ 1.49% ZERO DOWN	$26,229 +HST

2016 COROLLA**

$500 FINANCE ASSIST UP TO $800 LEASE ASSIST

ALL IN LEASE	ALL IN FINANCE	ALL IN PRICE
$68 @ 0.49%	$104 @ 1.99% ZERO DOWN	$17,694* +HST

*0% lease or finance available on 2015 Camry, Corolla, Yaris and Venza's for 36 months. Corolla CE manual transmission lease is semi-monthly for 60 months with $2750 down payment when you apply the $800 Lease Assist (On CE model only). Includes freight and fees, HST extra. All in Finance is Bi-weekly for 84 months when you apply the $500 Finance Assist (On Corolla LE, SE and LE Eco only). Includes freight and fees, HST extra. All in price includes freight and fees, HST extra. Rav4 FWD LE all in lease payment is Semi-monthly for 60 months with $1,650 down payment when you apply the $800 Lease Assist. Includes freight and fees, HST extra. All in Finance price is Bi-weekly for 84 months. Includes freight and fees, HST extra. All in price includes freight and fees, HST extra.

BEST SELECTION OF LOW MILEAGE, PRE-OWNED TOYOTA'S IN ONTARIO

2013 COROLLA CE

BI-WEEKLY	ALL IN PRICE
$122 72 MONTHS	$13,995 STK# 6CO5782L

2012 PRIUS V

BI-WEEKLY	ALL IN PRICE
$199 72 MONTHS	$22,995 STK# 5PR2862L

2012 RAV4 AWD TOURING

BI-WEEKLY	ALL IN PRICE
$190 72 MONTHS	$21,995 STK# 5HI9663A

2011 COROLLA CE

BI-WEEKLY	ALL IN PRICE
$122 72 MONTHS	$13,995 STK# 5CA1104L

2012 CAMRY LE

BI-WEEKLY	ALL IN PRICE
$160 72 MONTHS	$18,437 STK# 5CA7702L

2011 4RUNNER UPGRADE PKG

BI-WEEKLY	ALL IN PRICE
$260 72 MONTHS	$29,995 STK# 5RU7834L

2012 SIENNA CE

BI-WEEKLY	ALL IN PRICE
$182 72 MONTHS	$20,995 STK# 5RA3969L

2011 MATRIX

BI-WEEKLY	ALL IN PRICE
$121 72 MONTHS	$13,995 STK# 3464L

2012 RAV4 SPORT

BI-WEEKLY	ALL IN PRICE
$153 84 MONTHS	$19,995 STK# 5RA7874L

*1.9% available on TCUV Corolla and Matrix, 24 month term, OAC. All bi weekly payments are at 4.99% interest and are all OAC. All in price is plus HST only. †Down payment, terms and interest rates will vary. OAC. Vehicles may not be exactly as shown. All vehicles were available at time of print. Prices and payments are plus tax. All dealer rebates, discounts, factory incentives, prices, and interest rates are subject to change or end without notice as new retail incentive programs are announced. Offers expires November 30th, 2015. Cost of credit example: $20,000 x 72 months @4.99% = $365/mnt, cost of borrowing $3680.

TOYOTA On the Park

1077 LESLIE STREET, TORONTO, ONTARIO, (Leslie & Eglinton) 1-888-475-7346 | toyotaonthepark.ca

metro NEWS

Your essential daily news

Hershey's remains only firm convicted in chocolate price-fixing case. **Business**

School policy 'far off' in fighting harassment: Grad

HARRIS INSTITUTE

Founder puts out new guide after incidents with 2 teachers

Jessica Smith Cross
Metro | Toronto

Graduates of a Toronto music college say it wasn't overly sensitive students that prompted their school to introduce an anti-political correctness policy — it was the disturbing behaviour of two of their instructors.

The Harris Institute introduced a headline-grabbing "Political Correctness Policy" written by its founder, John Harris, last week. Harris told the media the policy was created because students had complained about the use of swear words and class discussions concerning race, and rap music lyrics.

But Katelan Donnelly, a 2015 grad, says the policy was written in response to student's complaints about far more serious issues, beginning with the arrest of one of the school's instructors.

Shahab Mobasher was charged in September with seven separate counts of committing an indecent act — masturbating while asking women for directions on numerous occasions, according to Peel Police.

After being notified of the arrest, Harris allowed Mobasher to teach one class before suspending him.

"I was infuriated," said Donnelly.

That prompted students, including Donnelly, to complain. Mobasher was suspended pending the outcome of his case, but it opened the door to a flood of other pent-up complaints students had aired on Facebook or in emails to Harris which were shared with Metro.

Most of the complaints were about math teacher Clinton Somerton, who used his position to lecture students about homosexuality and abortion.

Stephanie Bosch, a 2013 grad, received an email from Somerton that described, at length, how he considers homosexuality a mortal sin and believes Christians are persecuted.

"It's pretty obvious that I'm queer," she said. "But it's not just about me, it's about other kids."

Bosch was worried that if Somerton were to say those things to a gay student who was going through particularly tough time, it could lead to lasting damage, she said. But she was also worried about being labeled "sensitive" if she spoke up.

Both women said it's difficult for students to voice concerns about the school because the instructors, particularly Harris himself, hold a lot of sway in the tight-knit music industry and their recommendations — or lack thereof — have power over students' future careers.

Katelan Donnelly said she's speaking out about The Harris Institute because the issues are important. She learned a lot at her school and had many wonderful teachers, but wants some things to change. LIZ BEDDALL/METRO

When they finally did speak up, it was to ask Harris for a school policy on harassment, but he responded with the political correctness policy instead, Donnelly said.

"Sending out media release about a ban on political correctness at the Harris Institute is so far off from dealing with actual harassment complaints, I couldn't even believe it," she said.

The political correctness policy encourages "free speech and the open exchange of ideas," while setting out three "Rules for Civility."

DIALOGUE

Complaints against Clinton Somerton

In May 2015, a group of students filed a written complaint informing Harris that Clinton Somerton had told his class homosexuality is a "traumatic psychological disease" and "homosexual practitioners ... are on the same level as prostitutes in that they promote sexual diseases and dangerous situations." Somerton also compared women who opt for abortion to ISIS terrorists and said homosexuality is akin to pedophilia, the complaint said. Somerton did not respond to Metro's request for comment.

John Harris's response

John Harris stands by his policy, and says it addresses student concerns. Harris said policy now dictates that any harassment won't be tolerated, and will lead to teachers or students being dismissed. Despite his pro-free speech stance, Harris has since censored Clinton Somerton from expressing his religious views.

"With the new policy, if there is any recurrence that constitutes immediate dismissal," Harris said. "He's a devout Catholic and an unbelievably compassionate person.... But these things are highly controversial and he's been prohibited against speaking about any of those issues."

Harris has apologized to the school for letting Shahab Mobasher teach one class before suspending him, and said it took him time to decide what to do.

FAMILY SPECIAL with
PUMPKIN SPICE
pizzelle
limited time only
Two medium 3-topping pizzas, one pound of potato wedges, six cans of Coke - and just in time for Fall, get a FREE package of delicious Pumpkin Spice* pizzelle (Italian Wafer Cookies, 150g)
*while supplies last
upsize to TWO LARGE PIZZAS for 5.00
28.99
premium toppings extra
PIZZA NOVA®
SINCE 1963
order with the APP
order online @ pizzanova.com
416 439-0000
outside the GTA 310-33-00
USE LOCAL AREA CODE where necessary
@pizzanovaguy
*While supplies last. Taxes not included. Premium toppings are extra. Not available in conjunction with any other specials or offer. Visit us at pizzanova.com

PEEL REGION

Decision may lead to Caledon boom

A historic decision by Peel Region council could lead to the creation of the GTA's next boom city, as much of Caledon — long resistant to growth — will now be forced to develop according to provincially mandated guidelines.

The move came last week, after a recent feud over the way Caledon was planning its growth led to the town filing a lawsuit against its own higher-tier regional government. On Thursday, Peel council voted to accept provincial mediation of the dispute, which means the lawsuit will not go forward.

The trouble began at regional council in June, when Caledon councillors and Mayor Allan Thompson staged a mid-meeting walkout in protest against Mississauga and Brampton council members, who sought to take over control of much of Caledon's planning.

At the time, Mississauga Mayor Bonnie Crombie stated, "Caledon is resisting the growth plan set out by the province."

Crombie and a majority of her regional council colleagues, against the wishes of their Caledon peers, brought in a provincial development facilitator to review the town's planning and make recommendations.

With Thursday's decision, Caledon will effectively lose control over most of its own residential growth, around Bolton.

"Council agreed to provincial facilitation in order to find a settlement that was equitable for all parties," Crombie told the Star on Wednesday. "Facilitation recommended an open and transparent process for allocating future growth in Caledon."

Mississauga Mayor Bonnie Crombie CARLOS OSORIO/ TORSTAR NEWS SERVICE

With Thursday's decision, Caledon's population, currently at just over 60,000, could in a few decades reach that of its regional neighbours to the south, Mississauga and Brampton. They have boomed over the last 30 years and are now Canada's sixth and ninth largest cities, respectively.

Crombie and other councillors from Brampton and Mississauga had argued that Caledon had long failed to follow proper growth strategies, instead developing where it made little sense, costing the two larger cities millions of dollars in growth-related costs to build infrastructure out to disconnected places.

"This decision has significant resource implications for the Region of Peel as these lands will have to be serviced by the Region, with Mississauga picking up two-thirds of the cost," Crombie said.

Thompson voted against Thursday's motion and says Caledon has followed proper planning procedures.

"The minutes of settlement support Caledon's position," he said in an email to Torstar News Service. "I supported the recommendations of Regional staff because I'm so confident in the ... process."

As of Wednesday neither had filed a response in court to the allegations against them. A hearing is set for early December.

TORSTAR NEWS SERVICE

This decision has significant resource implications.
Bonnie Crombie

Quality sex leads to healthy life: Study

RESEARCH

Relationships improve with higher frequency

Jessica Smith Cross
Metro | Toronto

When it comes to sex, researchers at the University of Toronto have found that quantity does not necessarily mean quality.

"Past research and media suggest that more sex is better and we were curious if this was actually true or if there would be a point at which more sex was no longer associated with greater well-being," said lead researcher Amy Muise.

Muise analyzed the results of three different surveys for a correlation between the frequency of sex and overall happiness, and published the results in the journal Social Psychological and Personality Science.

She found people in relationships are happier if they have sex at least once a week — but an increase in sex frequency beyond that had no additional impact on their happiness.

Most couples had sex about once a week, she said.

One of the data sources Muise used contained data on the quality of sex, and she found that unlike quantity, the quality of sex has a direct correlation with well-being.

"Not surprising," she said.

"I think the take-home message is that in general it is important to maintain a sexual connection with a romantic partner, but it is also important to have realistic expectations for one's sex life, given that many couples are busy with work and family responsibilities," she said.

The study also looked at the correlation between income and well-being. It found that having sex once a week made people happier than earning an extra $50,000 a year.

Dr. Amy Muise found that most couples have sex once a week. COURTESY UNIVERSITY OF GUELPH

RYERSON UNIVERSITY

Building named after donor's mother

Mallory Chate
For Metro | Toronto

To thank Jack Cockwell, CEO of Brookfield Asset Management and Ryerson benefactor, for all of his generous contributions over the years, the university is renaming their Church Street Development project after his late mother.

The new building, slated for completion in 2018, will be known as the Daphne Cockwell Health Science Complex.

The announcement was made after Cockwell donated $8 million to the school earlier this month.

The eight-storey complex will include the School of Nutrition, the School of Occupational and Public Health, the Daphne Cockwell School of Nursing, and the midwifery education program.

Jack Cockwell THE CANADIAN PRESS

ARE YOU BETWEEN
18 AND 65 YEARS OF AGE?
We are currently recruiting healthy, non-smoking men and women 18-65 years old to participate in clinical studies.
You could be paid between $1000 and $7000 upon completion of the study.
Compensation depends on the length of the study.
CLICK
www.pmri.ca
CALL
416.759.5554
PHARMA MEDICA
RESEARCH INC.

GET YOUR 2016 SEASON TICKETS NOW!

PURCHASE BY DECEMBER 11, 2015 AND RECEIVE A

$200 VALUE

LOADED ON YOUR MYBLUEJAYS CARD.

2016 SEASON TICKET HOLDER BENEFITS

- EXCLUSIVE SEASON TICKET HOLDER EVENTS
- ACCESS TO PURCHASE TORONTO BLUE JAYS POSTSEASON TICKETS BEFORE THE GENERAL PUBLIC
- SPECIAL SEASON TICKET HOLDER DISCOUNTS & OFFERS
- AUTOMATIC ENROLLMENT IN THE MYBLUEJAYS MEMBERSHIP PROGRAM

416.341.1234 OR BLUEJAYS.COM

™TORONTO BLUE JAYS and all related marks and designs are trademarks and/or copyright of Rogers Blue Jays Baseball Partnership. © 2015

A call to motivate the marginalized

Everyday Political Citizens

Organizer fights to inspire Muslim youth and other targets of distrust

Luke Simcoe
Metro | Toronto

Every year, Samara Canada's Everyday Political Citizen project honours Canadians who are making positive changes in their communities. The winner of the contest will be announced Dec. 3.

Metro is profiling the four EPC nominees in the Greater Toronto Area. Today, we meet Sanaa Ali-Mohammed, a volunteer and community organizer from Mississauga, who's working to involve Muslim youth in political process.

During a federal election marred by what many considered anti-Muslim rhetoric, Mississauga's Sanaa Ali-Mohammed was working diligently behind the scenes to get Muslim youth excited about politics.

"There was this concentration on the Muslim community during the election. There was this sense of being targeted," she said.

"Muslim youth in particular were being talked about as radicalized or a threat to this country."

Ali-Mohammed believes the antidote to politics of division is to involve marginalized or targeted groups in the political process. So she organized Young, Canadian and Muslim: Making Our Ballots Count!, a forum where young Muslims could meet their local candidates and help drive the political discussion.

Prior to the event, organizers surveyed Muslim youth about the political issues that matter to them. Unsurprisingly, their concerns were the same as other Canadians, namely jobs and the economy.

"We're not that different," she said. "We see ourselves as firmly a part of the Canadian fabric and we want to establish ourselves here. The first way to do that is to find economic security."

Following the event, Ali-Mohammed said, many of the 400 attendees pledged to vote in the election and some even began volunteering on campaigns.

> **We see ourselves as firmly a part of the Canadian fabric.**
> Sanaa Ali-Mohammed

"I think that was the direct result of them feeling more educated and knowledgeable about the political system," she said.

The 26-year-old isn't sure what her next political project will be but wants to continue to help other marginalized groups get their voices heard.

"In order for Canada to become the best country it can be, we need to start including these people in the conversation," she said.

Sanaa Ali-Mohammed put together the event "Young, Canadian and Muslim: Making Our Ballots Count!" CONTRIBUTED

A gift in your will can change a child's life forever.

Imagine a world where every child is healthy. You have the ability to improve the lives of children. Please consider a gift in your will to SickKids Foundation and make a difference that will last a lifetime.

Help make their tomorrow as good as your today.
For more information, please contact 416-813-8271 or gift.planning@sickkidsfoundation.com.

SickKids®

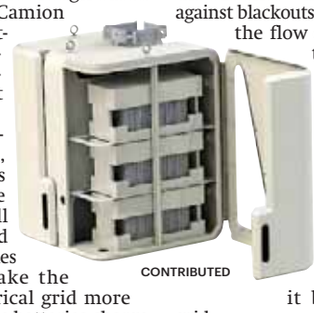
INVENTION

T.O. battery aims to electrify the future

Jessica Smith Cross
Metro | Toronto

Research done at Ryerson University could help more electric cars land on Toronto's roadways.

The school unveiled a new form of battery Wednesday, built by Scarborough-based company eCamion using smart-grid technology developed at Ryerson.



CONTRIBUTED

Hari Subramanian, eCamion's CEO, said the batteries will be mounted on hydro poles to help make the city's electrical grid more efficient. The batteries charge when electricity is available, and discharge energy when it's needed, he said.

One of the potential benefits is to allow for more electric car use in the city.

"Let's say you want to buy a Tesla," said Subramanian. "Generally what happens is your neighbour looks at it, test drives it, says, 'This is really cool.'"

But that can cause a problem. Having three or four electric vehicles charging on one street can be too much for most local power grids, Subramanian said. The pole-mounted batteries are a solution because they provide stored energy when it's needed.

According to Subramanian, the batteries will also protect against blackouts by regulating the flow of electricity through the grid. They also allow homeowners to generate their own energy, through green technology such as solar panels, and feed it back to the grid.

Allowing residents to contribute excess electricity to the grid has long been part of the province's green-energy strategy.

Residents can expect to see the batteries on a pole near them in about two months, Subramanian said, when Toronto Hydro begins its pilot project.

IN BRIEF

Tasered man's death under investigation

Ontario's police watchdog is investigating the death of a man Tasered by police at his west-end apartment.

The Special Investigations Unit said Toronto police responded to a 911 call to an apartment near Bloor Street and Landsdowne Avenue after midnight Nov. 6.

"During the interaction with the man, two conducted energy weapons were deployed," the unit said in a press release.

The man was transported to St. Joseph's Health Centre, where he was pronounced dead the next day.

TORSTAR NEWS SERVICE

Heart found at Ryerson part of student art project

The heart found on Ryerson's campus came from an animal and was part of a student's art project, according to the university.

Officers received a call at 8:48 a.m. after a groundskeeper found the heart while cleaning out a garbage can near Gould and Victoria streets. Police said that although investigators' initial opinion was that the heart is not human, officers followed the same procedure as they would if it was.

TORSTAR NEWS SERVICE

TODAY ONLY!

IN STORE AND AT THEBAY.COM

FREE ONLINE SHIPPING ON ORDERS OF $99 OR MORE*.

Thursday, November 19

$29.99
BARCELONA
Reg. $89

All fashion boots by
LEXI & ABBIE
Regular $69 to $89
Exclusively ours

$29.99
VALENCIA
Reg. $89

$29.99
MADRID
Reg. $89

$29.99
PALMA
Reg. $79

$29.99
MALAGA
Reg. $79

Plus, 50% off women's fall shoes by

ANNE KLEIN, CLARKS, FRANCO SARTO, NINE WEST, NATURALIZER and more**

HUDSON'S BAY

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. Excludes Hudson's Bay Company Collection and Kleinfeld. See in store for details. ***FREE SHIPPING**: Receive free standard shipping on a total purchase amount of $99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes furniture, canoes, patio furniture, patio accessories, barbecues and mattresses. ****Women's fall shoes**: Off our original prices. Excludes Coach, Cole Haan, Dept 875 White Space, Dept 146 Designer Collections, Frye, New Spring Arrivals, The Room and UGG Australia. Other exclusions apply. See store for details.

$5M claim over police beating

COURTS

Disabled man sues force after brutal arrest is caught on tape

Santokh Bola, left, attends a news conference held by his legal representatives in Toronto Wednesday, as they outlined the lawsuit they are filing against the Toronto Police Service over a violent arrest caught on tape, right. CHRIS YOUNG/THE CANADIAN PRESS/HANDOUT

A Woodbridge man is suing Toronto police for $5 million after being kneed and punched repeatedly during what they now acknowledge was a mistaken arrest.

A video of the incident shows police officers subduing Santokh Bola, 21, on the morning of Nov. 1 as he pleads with them to let him go. The lawsuit claims Bola was ordered at gunpoint to "get down or be shot" by officers with drawn guns.

Toronto police spokesperson Mark Pugash acknowledged that Bola was wrongly arrested but said the context of the arrest is important.

Just three minutes before his arrest, police received a 911 call about a man with a knife with a description matching that of Bola, Pugash said in an interview.

"I think that context is important," Pugash said. "There's always a context in which these things take place."

Pugash disputed family claims that the two officers were responding to a call about an attempted burglary.

Bola's lawyer, Michael Smitiuch, told a news conference Wednesday that the video shows police delivering 11 punches to Bola in quick succession and a total of 20 blows to his head.

"Officer, please, officer," Bola can be heard saying in the video. "Let me go, please let me."

The incident took place by Bola's car in the parking lot of his family's store on Islington Ave., according to the lawsuit.

In the video, Bola can be heard begging to speak to his grandfather and twice says, "let me talk to my parents."

When the beating was over, Bola was held briefly in a police cruiser and then set free, Smitiuch said. No charges were laid. He was taken to Etobicoke General Hospital by his grandfather, where he was treated for head and facial injuries.

Bola sat alongside his lawyers and sister at the news conference but did not field questions.

"They (police) knew or ought to have known that Santokh was scared or frightened and despite this, they proceeded to restrain, detain, assault and arrest him in a violent and unlawful manner," the lawsuit states. "They failed to recognize that Santokh had an intellectual disability and therefore failed to handle the situation in an appropriate manner."

None of the allegations made in the statement of claim have been proven. Bola's sister Sonia said her brother has a pre-existing mental disability and hand tremors, which have gotten worse since the attack. "We see fear in his eyes," she said. "His shakes have gotten worse."

She said she was totally unsatisfied when the family took its complaint to 23 Division.

The video of the incident speaks for itself, Bola's other lawyer, Kenneth Byers, said.

"Thank goodness in this case a bystander was there with his cellphone," Byers said. "We can actually see it."

Byers said Bola wasn't attempting to flee and didn't have a weapon when he was arrested. "No one stopped at any point in time to talk to him to say, 'This is why we are here'," Byers said.

The civilian agency that investigates cases of death or serious injury involving police said it had been unaware of the incident before watching the family's news conference.

"Since then, the SIU has contacted a Toronto police manager and reached out to Mr. Bola's counsel to ascertain the particulars and to determine if Mr. Bola's injury meets the criteria for an SIU investigation," agency spokesman Jason Gennaro said in an email.

The lawsuit names four police officers only as John and Jane Doe, as well as Chief Mark Saunders and the Toronto Police Services Board.

TORSTAR NEWS SERVICE

RAPTORS 905
THE ROAD TO THE SIX STARTS TONIGHT
Home Opener tips off at 7:30pm
PRESENTED BY BMO
HERSHEY
Watch Every Game Live at Raptors905.com

"Toronto Raptors" and associated word marks and logos are trademarks, designs and other forms of intellectual property of NBA properties Inc. and the Toronto Raptors ©2015 NBA properties Inc. All rights reserved.

DOWNLOAD TO WIN DOWNTIME.

GET THE FREE TORONTO STAR TOUCH APP FOR IPAD AND YOU COULD WIN A TRIP FOR TWO.

FIRST DOWNLOAD. THEN ENTER TO WIN.

It's that simple. Just download Toronto Star Touch from the App Store, then swipe, zoom and dig deep through the Star's fully interactive news experience to discover your chance to win a trip for two.

HOW TO ENTER:

1. Download the Toronto Star Touch app for iPad, free on the App Store.
2. Find the daily Transat contest screen in your edition of Toronto Star Touch.
3. Tap to enter for your chance to win.

REMEMBER TO ENTER DAILY FOR MORE CHANCES TO WIN!

THIS WEEK'S PRIZE DESTINATION IS RIVIERA MAYA, MEXICO

The winner will enjoy a 7-night all-inclusive package for two adults at the Grand Palladium White Sand Resort & Spa in Riviera Maya, Mexico.

TORONTO STAR TOUCH

GRAND PALLADIUM
WHITE SAND RESORT & SPA
★ ★ ★ ★ ★

transat

No purchase necessary. Skill testing question required. Limit of one (1) entry per person per day. Contest open to residents of the Province of Ontario 18 years of age or older. Six (6) prizes, one (1) per weekly Entry Period, are available to be won, each consisting of a seven (7) night package holiday including airfare from Toronto and hotel accommodation for two (2) adults, as follows: two (2) holidays to Lucea, Jamaica; two (2) holidays to Riviera Maya, Mexico; and two (2) holidays to Punta Cana, Dominican Republic (ARV of $4,000 CDN per prize package). Odds of winning depend on the number of eligible entries received in the applicable weekly Entry Period. Each entry will only be eligible for the draw and prize corresponding to the weekly Entry Period in which such entry was received. Contest Period opens at 9:00 am ET on November 6, 2015 and closes at 9:00 am ET on December 18, 2015. For instructions to enter and complete contest rules, visit www.wonderlist.ca.

SYRIAN MIGRANTS

Province eyes hospitals as temp shelters

Ontario is considering using recently decommissioned hospitals as one way to temporarily house a large influx of Syrian refugees expected before the end of the year.

Ontario doesn't yet know how many Ottawa will ask it to take before the end of the year, but the province is prepared to receive its "fair share," said Health Minister Eric Hoskins.

He and Immigration Minister Michael Chan held an ad hoc cabinet committee on Syrian refugees Tuesday during which housing, education, health and social services needs were discussed.

> **We have a new Humber River Hospital, for example, that moved from three sites into one.**
> Eric Hoskins

Ontario may need to take in and support some refugees on an interim basis before they move to other provinces or territories, Hoskins said. The federal government is looking at housing options such as military bases, while the provincial government is looking at decommissioned hospitals, Hoskins said.

"We have a new Humber River Hospital, for example, that moved from three sites into one," Hoskins said.

"Just yesterday the premier and I cut the ribbon on the new Oakville hospital. They'll be moving out of their existing premises. I'm not saying necessarily that's what will result … but those are the opportunities that I think we need to look at."

THE CANADIAN PRESS

Supercharge your savings.

Accelerate your savings with 1.75%* interest on new deposits into select accounts for a limited time.

Talk to an advisor today.
cibc.com/savings • at a branch • 1 888 490-2422

#FitsYourLife

Banking that fits your life.

CIBC

*Combined bonus and regular annual interest rate paid on net new deposits made to a CIBC eAdvantage® Savings Account ("eSA"), CIBC TFSA Tax Advantage Savings Account® and/or CIBC RRSP Daily Interest Savings Account. Bonus and/or regular rates may change at any time without notice. All interest rates are calculated daily and paid monthly; however, on the eSA, regular interest is earned only on days when the account's closing balance is $5,000 or more. Bonus interest on the eSA is earned until Feb 29/16 and only on days when net new deposits exceed the closing balance as of Oct 30/15. Bonus interest on the other accounts is earned until Mar 31/16 and only on days when net new deposits exceed the closing balance as of Nov 1/15. Other conditions apply. ®Registered trademark of CIBC. CIBC Cube Design & "Banking that fits your life." are trademarks of CIBC.

Migrants wait to enter a registration camp on the island of Lesbos, Greece. Ontario has pledged to accept **10,000 Syrian refugees**, many to be settled in Toronto. THE ASSOCIATED PRESS FILE

City works to welcome refugees

RESETTLEMENT

Anti-rumour campaign, housing on task force's list

Gilbert Ngabo
Metro | Toronto

As the deadline nears for the country to resettle 25,000 Syrian refugees, city officials are working around the clock to make sure their basic needs will be covered when they arrive in Toronto.

Council voted to allocate $600,000 to a resettlement program last month, and plans have been underway to prepare for refugees' smooth transition.

The Toronto Newcomer Office has established an inter-agency task force, in charge of coordinating and streamlining all the support needed for the program.

The task force is made up of representatives from the city's social development department, Toronto District School Board, Canadian Red Cross, COSTI Immigrant Services, the Salvation Army, Lifeline Syria and many others.

Among other things, the newcomer office is establishing an anti-rumour campaign, which will address issues of stigma and stereotypes if they arise.

"We need to fight misconceptions," said Coun. Joe Cressy. "There is nothing to be afraid of as a society, and a lot more to gain from receiving these refugees."

Another issue that needs to be addressed before the refugees arrive is housing, Cressy said.

"There are over 90,000 people on affordable housing waiting list," he said, adding the resettlement program will need "serious financial support" from the federal government and private individuals.

> **There is nothing to be afraid of and a lot more to gain.**
> Coun. Joe Cressy

In Toronto, COSTI has its own reception centre, and is working to arrange temporary housing in local motels.

It's a model that has proven successful in the past. A decade ago, about a dozen Hungarian refugees were housed at Lido Motel on Kingston Road in Scarborough. Apart from some who would forget to dispose of the garbage or clean their rooms, hosting them didn't cause any major issues, said a front desk operator only identified as Rij.

"It's all about helping people. I don't think anyone would mind," he said.

Hop on the bus, pay with iPhone in 2017

TECHNOLOGY

TTC planning to bring in Apple Pay

Chris Bateman
For Metro | Toronto

Paying a TTC fare could be as simple as waving a cellphone, by 2017.

Apple Pay — which lets iPad and iPhone users connect their bank accounts to their devices — made its Canadian debut this week, but the TTC has already announced plans to integrate the service into its electronic fare system.

The only catch? It could take up to two years.

The TTC is in the midst of rolling out is Presto fare readers, which began appearing on older-generation vehicles this fall. Within the next few weeks, every streetcar in the city will accept Presto, opening electronic fare payment to a much wider audience.

"There are an awful lot of people that just travel on streetcars and from subway stations, so this is the stage where we will start to see more people using Presto," said TTC spokesman Chris Upfold.

The Presto readers are already compatible with Apple Pay and other mobile payment technologies, including contactless credit and debit cards, but Upfold said there's still work to be done behind the scenes before the features can be switched on.

Initially, the streetcar Presto readers will work only for single fares, like on the subway. Passes and other discounts won't be added to the system until January, Upfold said.

The TTC will also start accepting contactless credit and debit cards at subway stations for token and pass purchases in December.

Tap-and-go is coming for Apple users. LIZ BEDDALL/METRO

BUSINESS

Beer in 60 grocery stores by year's end

Loblaws, Walmart, Sobeys, Metro and a slew of independent grocers will be the first supermarkets allowed to sell beer in Ontario.

Finance Minister Charles Sousa announced Wednesday that up to 60 grocery store locations could be authorized to sell beer by the end of next month.

"We are moving quickly to ensure that beer will be sold in grocery stores in a socially responsible manner," Sousa said in a statement.

"Using the existing low-cost distribution system keeps Ontario's beer prices below the Canadian average while offering greater ability to fund key government services and programs that people rely on," he said.

Winning bidders in the licence auction also include: Farm Boy, Galleria Supermarket, Hanahreuem Mart, La Mantia's Country Market, Longo's, Michael-Angelos Market Place, Pino's Get Fresh, and Starsky Fine Foods.

The companies still have some bureaucratic hurdles before they can begin selling six-packs on shelves — they have to make applications to the Alcohol and Gaming Commission of Ontario for licences.

None of the firms are allowed to discuss the auction process until the end of the year "to ensure fairness," the government said.

By May 2017, there will be 150 Ontario supermarkets selling beer, eventually rising to 450 of the province's 1,500 grocery stores.

In the first wave of 60 stores, 48 licences were auctioned off to large grocers while a dozen reserved for small independent markets.

Of those 60 stores, 25 are in the Greater Toronto Area, 16 in southwestern Ontario, 13 in eastern Ontario, and six in the north.

Ontario's craft brewers will gain more access to shelves in all stores that sell ales and lagers, including The Beer Store.

TORSTAR NEWS SERVICE

POLICE

Teen faces child porn charges

A 17-year-old boy faces child porn charges after police say he posed as a 15-year-old girl on social media to lure a child.

Police say that between September 2014 and April 2015, a male person obtained a child's images, then distributed them.

Police say the person communicated with the child through Kik, Snapchat, Facebook and Instagram. He used the usernames of "Amanda" and "PencilCrayons".

Police released an image of a girl that they say he used as his profile picture — an actress who is not involved in the investigation in any way.

The teen was arrested on Monday and scheduled to appear in court on Tuesday. He is charged with luring a child, extortion, two counts of distributing child pornography, possession of child pornography and accessing child pornography. TORSTAR NEWS SERVICE

EARN UP TO $3500!
Are you a Healthy Male or Female
between 18 and 55 years of age?
If so we want to hear from you!

Apotex is currently recruiting healthy men and women to participate in studies on Pharmaceutical products.

REGISTER ONLINE AT WWW.APOTEX.CA or Call: 416-741-4256
Toll Free: 1-877-APO-CLNC (1-877-276-2562)
Hours: 8:30am to 5pm Monday to Friday

- YOU WILL BE PAID upon completion of the study
- Compensation may range from $1000 to $3500 depending on the length of the study

APOTEX
ADVANCING GENERICS

SAVE $2

Domaine la Gardie
MERLOT

From the Sun drenched vineyards along the French Mediterranean

NOW $8.95

B&G
Barton & Guestier
DEPUIS 1725

Proudly represented by
Charton Hobbs

Effective November 8th to November 28th, 2015

CRIME

Victim of vandalism spree living in fear

A Toronto Catholic District School Board trustee says he considers his safety to be at risk after an almost year-long campaign of vandalism targeting his vehicles.

On Nov. 8, Frank D'Amico was leaving his home near Dufferin St. and St. Clair Ave. W. to attend a morning mass and Remembrance Day ceremonies when he found his Lincoln sedan scratched extensively on the hood and sides.

D'Amico said he contacted police and sent a surveillance video of the incident from cameras on his property — additions made following a rash of vandalism dating back to late 2014.

In December 2014, the Ward 6 (York) trustee and Canadian Forces reserves member said one of his vehicles ran over a water bottle full of white paint in the road outside his home.

Then, on Jan. 14, yellow paint was thrown on D'Amico's SUV, and on Feb. 18, a brick was thrown through the window of his Lincoln, he added.

D'Amico says this spring, one of his car's tires blew out while driving on the highway. He later found nails in all four tires.

And, on June 9, D'Amico told police that one of his tires had been slashed.

Video from his security camera showed a woman approaching his Lincoln and crouching beside the left rear wheel.

Less than two weeks later, D'Amico said, he found three of his tires slashed.

Police say they have not established whether the acts of vandalism were all committed by the same person but, after the Nov. 8 car-scratching incident, Det.-Const. Jay Dabu said it is likely that D'Amico and the vandal know each other.

Now, when he comes home at night, D'Amico will sit in his car outside the house he shares with his parents, sister and niece, hoping to catch a vandal in the act.

TORSTAR NEWS SERVICE

Lakeshore Train Reductions
Evenings & Weekends
Due to Construction

What's Changing

Service reduced to hourly between Union & Aldershot GO:
After 8pm November 19, November 24 - December 3, & December 8 - 15

No service between Union & Mimico GO:
Special Milton GO Trains will run along the entire line
Shuttle buses will run between Union & Port Credit GO
November 21 & 22

Service reduced to hourly between Pickering & Oshawa GO:
Evenings on November 20 & 27
All day November 21 - 22 & 28 - 29

For more information and to see your new schedule, visit **gotransit.com/servicechanges**
Pour plus de renseignements, veuillez visiter le site gotransit.com.

METROLINX

TCMV's Muneeza Sheikh MELISSA RENWICK/TORSTAR NEWS SERVICE

Muslim vote at new high

ELECTION

Poll points to increase in community engagement

Mohammed Hashim could tell this election was different.

In past years, the community activist said it was difficult to find members of the Muslim community interested in volunteering, helping on election campaigns, and opening their wallets to support candidates. Even harder, was to get people out to vote.

"I have worked every campaign, municipal, provincial and federal since 2001," said Mississauga-based Hashim, an organizer with Toronto and York Region Labour Council. "I have never seen this level of engagement from Muslims across the GTA," he said.

A new poll looking at voter turnout in the Muslim community, being released Thursday, backs up what many activists felt was an "unprecedented increase" in civic engagement in the community.

Seventy-nine per cent of nationwide respondents to the poll, commissioned by the grassroots group The Canadian Muslim Vote, said they voted. In nine GTA ridings where TCMV was on the ground, present at events and went door to door, the voter turnout was 88 per cent. (The national voter turnout this year was 68.5 per cent.)

"We worked really hard over the past seven months to really undertake an intensive election-awareness campaign, so for us, these results are amazing," said Muneeza Sheikh, spokeswoman for TCMV. "There were a number of issues that really affected the Muslim community, and so people were really receptive," she said.

The non-partisan group which was founded to increase civic engagement in the Muslim community, commissioned the poll because "people were contacting us to find out about the result of our efforts," said Sheikh.

The poll, conducted by Mainstreet Research, surveyed 802 Muslim Canadians from November 3-5 across five municipalities: London, Ottawa, Greater Toronto, Edmonton and Vancouver.

The poll has a margin of error of +/- 3.46 percentage points, 19 times out of 20 for the coverage zone.

Newly elected MP for Mississauga Centre Omar Alghabra, said the poll's high numbers are not surprising, and he sees it as a positive sign for the future.

"It was clear that the Muslim community had an impact on the outcome of the election," he said. "And it's a reassuring message to every citizen that their participation through voting and maybe even more, has an impact on the outcome."

TORSTAR NEWS SERVICE

79%

According to a nationwide survey commissioned by The Canadian Muslim Vote (TCMV), 79 per cent of respondents said they voted.

Yonge traffic

The numbers gathered in the Yonge Love study paint a compelling portrait of Toronto's main street. Every day, tens of thousands of people — most of them on foot — shop, dine, and travel on the downtown street between Grosvenor and Richmond. Yet despite the overwhelming majority of people using their own two feet, most of the road space is allocated to auto traffic — a situation local councillor Kristyn Wong-Tam calls "undemocratic." Here's a breakdown of Yonge St. traffic. **CHRIS BATEMAN** FOR METRO

Yonge Street daily crowd totals 580,000 people

That is equivalent to one-fifth of Toronto's total population

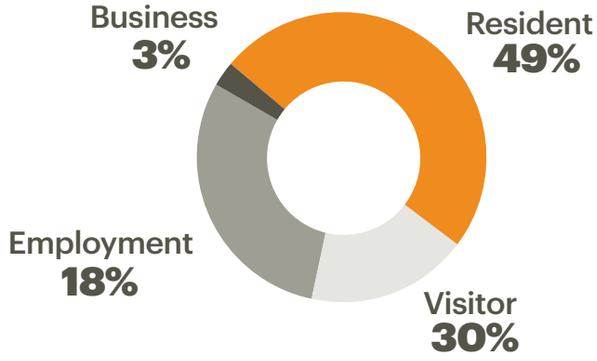
Downtown Yonge

52 million
people visit the area every year

Downtown Yonge is home to 175,000

(roughly the same as Burlington)

What brings people in?



35% of residents walk to work

Don't play roulette with your travel plans.
Save your chips on Vegas vacation packages instead.

From Toronto to Las Vegas
$349*
Plus $158 taxes & fees

Bally's Las Vegas
★★★
Round-trip air + 4 nights
Travel December 13, 2015

Book today at westjetvacations.com or call your travel agent.

WESTJET vacations

*Book by November 26, 2015 (11:59 p.m. MT). Round-trip from Toronto. Advertised fares based on non-stop flights. Other departure cities and dates available, and prices may be higher. Limited quantities available. Taxes and fees not included. Advertised taxes and fees for U.S. destinations can fluctuate based on exchange rate. Price is per guest, based on double occupancy unless otherwise specified. Transfers not included. Price is accurate at time of printing deadline. Non-refundable. Advance booking required. New bookings only. Visit westjetvacations.com for details. **Ontario travel agents are covered by TICO. Mailing address: 6085 Midfield Road, Toronto, ON L5P 1A2. TICO registration number: 50018683.**

IN BRIEF

Canadian killed fighting ISIL to be repatriated

The Canadian Heroes Foundation says the body of a Canadian man killed while fighting the Islamic State of Iraq and the Levant (ISIL) terrorist group will be repatriated Friday.

John Gallagher, 32, was killed in Syria earlier this month, either by a suicide bomber or by gunfire.

Gallagher's body will travel from Toronto along Highway 401 to the southwestern Ontario community of Blenheim on Friday afternoon.

THE CANADIAN PRESS

Reports deem Trudeau a 'hottie' at APEC summit

The front page of a Manila newspaper asked Wednesday who's sexier:

Justin Trudeau and Enrique Pena Nieto. THE CANADIAN PRESS

Prime Minister Justin Trudeau or Mexican President Enrique Pena Nieto.

Reports described the leaders as "APEC hotties" as the summit opened in the Philippine capital.

THE CANADIAN PRESS

Sen. John Wallace to sit as Independent

New Brunswick Sen. John Wallace is resigning from the Conservative caucus, citing "irreconcilable differences" between himself and his party over the role of the upper chamber — which he feels should be non-partisan.

The former Irving Oil lawyer said changes need to happen and being an Independent will allow him to speak to that.

THE CANADIAN PRESS

U.S. President Barack Obama chats with Prime Minister Justin Trudeau at the G20 summit in Antalya, Turkey, recently. Canada will join the UN climate-change conference in Paris, beginning Nov. 30. EPA/TOLGA BOZOGLU/TORSTAR NEWS SERVICE

Canada backs U.S. on climate change

ENVIRONMENT

Minister agrees 'urgent' threat needs action now

Canada is backing strong warnings from U.S. President Barack Obama about the need for nations to act on the "urgent, growing" threat of climate change.

In an address to a business audience at the APEC summit in Manila, Philippines, Wednesday, Obama laid out the threat of climate change, saying the "patterns and the science don't lie" and that no nation is immune to the consequences.

"Temperatures and sea levels are rising, ice caps are melting, storms are strengthening," he said. "If we want to prevent the worst effects of climate change before it's too late, the time to act is now, and it is going to affect people's bottom lines," Obama said.

His comments come as nations prepare to gather in Paris later this month in a bid to reach new agreement to curb greenhouse gases.

Obama's remarks were endorsed Wednesday by Foreign Affairs Minister Stephane Dion, who agreed with an analogy that climate change is a cancer.

"It's the worst threat we are facing during this century," Dion told reporters.

He said Canada will be a strong advocate for a climate change deal and will work with the United States and summit host France to make it happen.

"We will be strong on the floor. We will speak to any country that may have difficulties because we need to have unanimity at the end of the day," Dion said, adding that leaders are taking the upcoming talks "seriously" and there is "momentum" for a deal.

TORSTAR NEWS SERVICE

MONTREAL

Call for killings leads to charges

A Montreal man allegedly behind a video that called for the revenge killing of "Arabs" in Quebec has been charged with inciting hatred, uttering death threats and being responsible for a hoax terrorist threat.

Jesse Pelletier, 24, was allegedly the author of a video that surfaced over the weekend calling for the province to be "cleaned" of its "Arab" population. The person in the video suggested the recording was made "the day after the attacks in Paris."

"Starting next week, there will be murders across Quebec," said the man, who was dressed as the Joker character from the Batman series and waved a replica handgun in the video. "We will eliminate one Arab each week to get rid of them and clean up the province of Quebec. We are a group of 10 people and we will all eliminate them, one by one."

The short, provocative clip has been removed from the web, but not before it began circulating and causing panic in Montreal's Muslim community this week.

TORSTAR NEWS SERVICE

A still from the video. SCREENGRAB

PARKHURST
END of the YEAR
WAREHOUSE SALE
SWEATERS. OUTERWEAR. ACCESSORIES.
SALE: NOW TILL DEC 12, 2015
Mon-Fri: 10am-6pm
Sat: 10am-5pm
Sun: 12pm-5pm
22 Research Road, Toronto, ON.
(East of Bayview, West of DVP)
416.421.3773 ext.165
SPECIAL PROMOTION: Nov 20-26
Spend $100, get 10% off!*
Spend $200, get 20% off!*
Spend $300 or more, get 30% off!*
*pre-tax total
Bring in this ad and receive a FREE pair of our Parkhurst wool gloves retailed at $16, with a minimum purchase of $25!
Parkhurst Knitwear
@ParkhurstKnits
WWW.PARKHURST.CA

DEFENCE

Expanding military training in Iraq a possibility: Minister

The country's new defence minister opened the door Wednesday to expanding the Canadian training mission in Iraq beyond just teaching Kurdish peshmerga fighters, saying the soldiers will go where it makes sense and where they can have the greatest impact.

Harjit Sajjan said options for the Trudeau government's beefed-up commitment to the campaign against the Islamic State of Iraq and the Levant (ISIL) are still being formulated, but it's clear some of the boundaries put in place by the previous government are either going to be removed or relaxed.

The former Conservative government chose to align itself with the Kurds, who operate in a semi-autonomous region in northern Iraq and have shown the most willingness to battle extremists.

Sajjan says he's talking with the U.S.-led coalition on where Canadian troops would be of most use but would not rule out expanding the training mission to include conventional army units and Iraqi forces in the country's south.

"I'm open to looking at all the different options," said Sajjan, who did three tours in Afghanistan and one in the Balkans as a reserve officer.

"I'm not looking at just from the Kurds perspective, or the Iraqi perspective; I'm looking at how we can have a meaningful contribution."

THE CANADIAN PRESS

Minister seeks to reassure Canadians

SECURITY

CSIS director stresses checks on expected 25K refugees

Top federal public safety and national security officials tried to allay public fears they might not properly screen 25,000 Syrian refugees expected by year's end, and downplayed Tuesday any threat to Canada in the wake of the Paris attacks.

At a news conference flanked by his senior advisers, Public Safety Minister Ralph Goodale said the government will not change the timeline for meeting its campaign promise of fast-tracking refugees, nor is it cutting or reducing any of the necessary checks to meet that timeline.

The Liberal plan, yet to be outlined by the immigration minister, will use "layers" of security checks on new arrivals to verify documents and identity, including checks of domestic and international databases, "biometrics" verifications such as fingerprints, and personal interviews by officials "to make sure at the end of the day we achieve the humanitarian objective and do so in a way that respects the security and health imperatives that Canadians expect," said Goodale.

Michel Coulombe, head of CSIS, Canada's spy agency, said the Canadian Security Intelligence Service was an "integral part" of developing the screening procedures.

"I want Canadians to know that as director of CSIS I am confident the measures in place are robust and again I have full confidence in terms of being appropriate."

Goodale and his officials insisted "there is no rationale" that warrants any change to the threat level in Canada, which has been "medium" since October 2014.

TORSTAR NEWS SERVICE

Minister of Public Safety and Emergency Preparedness Ralph Goodale said the timeline won't change. THE CANADIAN PRESS FILE

ISIL

Ambassador now calls group Daesh

The U.S. ambassador to Canada is using yet another name — "Daesh" — for the multi-monikered terrorist group known variously as the Islamic State of Iraq and the Levant (ISIL), the Islamic State of Iraq and Syria (ISIS) and the Islamic State.

Politicians are increasingly using the D-word for two simple reasons: to strip the group of its credibility and to steer away from the Islam-versus-the-West dynamic it apparently craves.

"I'm using the term 'Daesh' now, instead of ISIL," Bruce Heyman said in an interview.

"I think it's unfair to refer to Islam, and it's totally inappropriate to think of it as a state — so anything calling it the 'Islamic State' is wrong."

Arabs who oppose the group customarily use a version of Daesh, as do European politicians and U.S. Secretary of State John Kerry, among others.

The group apparently hates it so much it threatened to cut out the tongues of those who use it. That's because it sounds like an insult, resembling the Arabic word "daes," which refers to something that stomps, or crushes. THE CANADIAN PRESS

IN BRIEF

B.C. judge says RCMP may have acted illegally

A B.C. Supreme Court judge says there's evidence the RCMP acted illegally during a terrorism sting operation and has ordered police to submit documents.

The Mounties may be guilty of knowingly facilitating a terrorist act.

THE CANADIAN PRESS

Man arrested on Parliament Hill in court

A Toronto man arrested for allegedly carrying a hidden weapon on Parliament Hill was remanded in custody Wednesday after a brief court appearance.

Yasin Ali, 56, was detained by the Parliamentary Protective Service on Tuesday. THE CANADIAN PRESS

ADVERTISEMENT

Myth Busters

The five latest car insurance myths you should know

Shopping for car insurance is complicated enough. To avoid getting caught by one of the latest myths making the rounds, take the time to find out the truth. These car insurance myths are common, but simple to debunk.

Myth: New cars always cost more to insure.

A brand new car won't always be more expensive to insure than a used car, even of the same make and model. New cars usually have more safety features and more advance anti-theft features, which can earn discounts on car insurance and actually bring down rates.

Myth: Lapses in coverage don't affect rates.

Having a lapse in your auto insurance coverage doesn't always affect rates, but it certainly can. It depends on the length of the lapse and the insurance companies' rules. Keeping car insurance in force in one place also means keeping discounts such as longevity, so it can bring rates down.

Myth: Switching insurance companies should only be done on renewal.

Shopping around for insurance quotes and switching mid-term is not only possible, it's encouraged. Doing this can save a lot of time and money in the long run.

Myth: Insurance will pay for a new car when it's totaled in the first year or two.

This is only true if the driver has a coverage known as waiver of depreciation on the policy, and it's something that must be added. Most car insurance policies do not come with this coverage automatically, so if it isn't added to the policy even a new car will be covered at a depreciated amount.

Myth: The police report accidents to insurance companies.

When the police are called to an accident scene they take a report, and if necessary will hand out any traffic violations that are involved. But they won't report it to the insurance company; that is the task of the drivers involved. That doesn't mean that the insurance company will not see the police report; they will obtain it as a part of their investigation into the accident to help determine fault.

Mike discovered that overpaying on car insurance is a myth.
Find out how much you could save.

Compare 30+ quotes in minutes.

InsuranceHotline.com

A French soldier enforcing the Vigipirate plan, France's national security alert system, in front of the Eiffel Tower on Wednesday. JOEL SAGET/AFP/GETTY IMAGES

Ringleader may be dead after raid on apartment

Paris

France vows 'everything is being done' to stop attackers

Belgian Justice Minister Koen Geens says he cannot confirm the suspected mastermind of the Paris attacks was among those killed in a raid against an apartment north of the French capital.

He says Belgian Abdelhamid Abaaoud was "not among those arrested or those who have been identified."

French officials previously said Abaaoud was not among those arrested in Wednesday's raid in Saint-Denis, but didn't eliminate the possibility that he was killed, saying the identities of those slain are still being investigated.

The Belgian minister spoke after a cabinet meeting late Wednesday which was assessing what measures should be taken to counter the increased threat of terrorism.

He called Wednesday's raid a "big breakthrough" because it shows law enforcement officials can track down suspects.

Meanwhile, security camera video from inside a restaurant as it is fired on by a rifle-wielding gunman has been posted online that provides a new look at last week's Paris shooting rampage.

The video posted on the Daily Mail website shows a nearly empty restaurant erupt into chaos with bullets smashing into walls and diners and staff diving for cover.

French police have banned public demonstrations until Nov. 22 in Paris and surrounding towns in the latest utilization of expanded security measures permitted under the state of emergency installed following last week's bloody attacks.

Interior Minister Bernard Cazeneuve said "everything is being done to capture" the attackers.

Both France and Russia are pursuing UN Security Council resolutions that seek to unite the international community in combating the Islamic State of Iraq and the Levant (ISIL).

But Russian Ambassador Vitaly Churkin says ignoring the Syrian government in the effort is "weakening the possibility of our joint fight against terrorism."

Russia on Wednesday circulated its draft resolution to all 15 council members, and France is expected to circulate its own shortly.

French Ambassador Francois Delattre told reporters that Russia's draft "is a contribution that we will examine very attentively."

France hopes that its own text will be adopted by the council as early as next week. It has not shared details.

Current council president Britain says members want to take action quickly on a "strong as possible" response to the recent Paris attacks.

THE ASSOCIATED PRESS

RADICALIZATION

The 'signs' were there

Much about Abdelhamid Abaaoud's path to armed Islamic radicalism remains mysterious. In the words of Koen Geens, the Belgian justice minister, he mutated from a student at an upscale Brussels school into "an extremely professional commando," one seemingly able to slip across borders at will.

The wanted jihadi's own father believes prison — where he served time for petty crimes — changed him for the worse. After his son got out, Omar Abaaoud noticed "signs of radicalization," the elder Abaaoud's lawyer, Nathalie Gallant, told RTBF broadcasting Wednesday.

If so, that would fit the pattern of a number of jihadis who were radicalized in prison.

Abaaoud came onto the international radar as a radical Muslim combatant for the first time in February 2014, said Jasmine Opperman, a senior director with the independent Terrorism Research & Analysis Consortium (TRAC).

During the campaign, Abaaoud was filmed at the wheel of a pickup truck dragging a load of mutilated corpses following a mass execution committed by Islamic State at a place called Hraytan.

Abaaoud, by then using a nom de guerre, Abou Omar Soussi, wore the same kind of hat as many Afghan mujahedeen, and joked and appeared happy.

"His father was very much against him going there," the Belgian source told AP. But there was much worse news for the family.

THE ASSOCIATED PRESS

VIDEO

The restaurant with security footage is not named in Daily Mail's accompanying article but examination by The Associated Press suggests it is Casa Nostra, a pizzeria near the Bonne Biere, another restaurant hit by the attackers and where five people were killed.

KILLING

Captives executed by ISIL

The Islamic State of Iraq and the Levant (ISIL) group said Wednesday that it has killed Norwegian and Chinese captives after earlier demanding ransoms for the two men.

The extremist group published two images of the men in the second-to-last page of its English-language magazine, saying they had been "executed after being abandoned by kafir nations and organizations." "Kafir" is the Arabic word for infidel. In the images, the men both appeared to have been shot to death.

The Norwegian man had been identified as Ole Johan Grimsgaard-Ofstad, 48, a graduate student in political philosophy from Porsgrunn, south of Oslo. The Chinese man had been identified as Fan Jinghui, 50, a self-described "wanderer" from Beijing who once taught middle school.

The militants did not say when or where the two were captured when announcing their captivity in a previous issue of the magazine, which showed them in yellow jumpsuits. However, the last post on Grimsgaard-Ofstad's Facebook page, dated Jan. 24, said he had arrived in Idlib, Syria, on his way to Hama.

Norwegian Prime Minister Erna Solberg told a press conference that the government cannot confirm the killing, but said "we have no reasons to doubt it."

"It is painful for the family and the whole country," she said. She called ISIL a "barbaric group" and said "we do not pay ransom." She added that "even if it hurts, we should never let the terrorists win."

THE ASSOCIATED PRESS

#JESUISCHIEN

Twittersphere unites over police dog killed in raid

People around the world are sending messages of support for a police dog that was killed during an early morning police raid in a Paris suburb that left two alleged suspects dead. The hashtag #JeSuisChien (I Am Dog) was the top trending topic in France at 9 a.m. Toronto time, with people sharing messages of solidarity with Diesel, the dog. The seven-year-old Malinois was part of the French RAID police unit. TORSTAR NEWS SERVICE

Homemade bomb downed plane: ISIL

FLIGHT 9268

Image released in latest issue of extremist publication

The Islamic State of Iraq and the Levant (ISIL) group has released a photo of the bomb it says was used to bring down a Russian passenger plane in Egypt's Sinai Peninsula last month, killing all 224 people on board.

The picture was published in the latest issue of the extremist group's English-language magazine, with the caption "EXCLUSIVE – Image of the IED used to bring down the Russian airliner."

The extremist group, which has a powerful affiliate in the Sinai, had previously claimed to have downed the plane, which was mainly carrying Russian tourists, without offering further details. It said the attack was to avenge Russia's air campaign against the group in Syria.

Egyptian soldiers collect personal belongings of victims at the crash site of a passenger airplane bound for St. Petersburg in Russia, which crashed in Hassana, Egypt's Sinai Peninsula.
THE ASSOCIATED PRESS FILE

The group said it "discovered a way to compromise the security at the Sharm el-Sheikh International Airport," without providing further details. It said it initially planned to bring down a plane from one of the countries participating in the U.S.-led coalition that has been striking it in Syria and Iraq. But it says it changed the target to a Russian plane after Moscow began launching airstrikes in Syria in September.
THE ASSOCIATED PRESS

A can of Schweppes Gold, and what appears to be other bomb components made of plastic and metal.
THE ASSOCIATED PRESS

SENTIMENT

Muslims facing backlash in U.S.

Muslims around the U.S. are facing backlash following the deadly attacks in Paris, including vandalism to mosques and Islamic centres, hate-filled phone and online messages and threats of violence.

Advocacy leaders say they have come to expect some anti-Muslim sentiment following such attacks, but they now see a spike that seems notable, stirred by anti-Muslim sentiment in the media.

"The picture is getting increasingly bleak," said Ibrahim Hooper, a spokesman for the Washington, D.C.-based Council on American-Islamic Relations. "There's been an accumulation of anti-Islamic rhetoric in our lives and that I think has triggered these overt acts of violence and vandalism."

> **"The picture is getting increasingly bleak.**
> Ibrahim Hooper

He said the rise in the level of anti-Muslim sentiment is reflected by some GOP presidential candidates, governors and others speaking out in opposition to the U.S. accepting more Syrian refugees.
THE ASSOCIATED PRESS

IN BRIEF

Soccer matches continue as 'life must go on' in France
Soccer matches around the country will go ahead in France this weekend in the wake of the deadly attacks in Paris to show that "life must go on," France's secretary of sport said. In an interview Wednesday with sports daily L'Equipe, Thierry Braillard said calling games off would be "exactly what these barbarians want," referring to the gunmen and suicide bombers who attacked Paris last Friday. THE ASSOCIATED PRESS

IT'S OUR BIGGEST SALE OF THE YEAR

THE MORE YOU BUY, THE MORE YOU SAVE

25% OFF
selected Signature Series® window coverings*

Budget Blinds®
Canada's #1 Choice for Window Coverings

Schedule your FREE In-Home Consultation today!
866-550-3918 // BudgetBlinds.ca

WINDOW COVERINGS SOLUTIONS FOR YOUR HOME OR BUSINESS

*Applies to selected Signature Series® window treatments by Budget Blinds.® Some restrictions may apply. Ask for details. At participating franchises only. Not valid with any other offers, discounts or coupons. Valid for a limited time only. Offer good at initial time of estimate only. ©2015 Budget Blinds, Inc. All Rights Reserved. Budget Blinds is a trademark of Budget Blinds, Inc. and a Home Franchise Concepts Brand. Each franchise independently owned and operated. Franchise opportunities available.

IN BRIEF

CP Rail faces obstacles in takeover of Norfolk

Canadian Pacific Railway's dream of creating North America's largest railroad faces a long and uncertain future following Norfolk Southern's cool initial response to the Calgary company's takeover proposal. CP needs to overcome several obstacles, including opposition from organized labour and a chilly reception from Norfolk Southern, which described the proposal as an "unsolicited, low-premium, non-binding, highly conditional indication of interest." THE CANADIAN PRESS

CBC confirms apology

A top CBC executive has confirmed to colleagues that vice-president Heather Conway apologized to him but says he "never made a harassment complaint" to CBC president Hubert Lacroix. The CBC has confirmed an apology was made after an incident between Neil McEneaney and Conway.

TORSTAR NEWS SERVICE

market minute

DOLLAR 75.09¢ (-0.05¢)

TSX 13,399.97 (+119.58)

OIL $40.75 US (+8¢)

GOLD $1,068.70 US (+10¢)

NATURAL GAS: $2.347 US (-2.4¢)
DOW JONES: 17,737.16 (+247.66)

Crown wraps up its chocolate-price case

INVESTIGATION

Last charges against candy manufacturers dropped

An eight-year probe into allegations of price-fixing in Canada's multi-million dollar chocolate bar industry has ended with the last charges being dropped, Canada's competition watchdog said Wednesday.

The Public Prosecution Service of Canada entered a stay of proceedings against Nestlé Canada and former president Robert Leonidas, the Competition Bureau said in a brief statement Wednesday.

Leonidas was one of three industry executives at three different companies charged in 2013 with conspiring to fix chocolate prices between 2002 and 2008. No reason was given for the Crown's decision.

Charges against Mars Canada, former Nestlé Canada executive Sandra Martinez, candy distributor ITWAL Ltd. and its former CEO, David Glenn Stevens were also dropped on Sept. 8. Stevens is now ITWAL's chairman.

No explanation was offered.

The case against the chocolate industry began after Cadbury Adams brought the matter to the bureau's attention in 2007. The chocolate-maker received immunity from prosecution.

Canada's four largest candy makers all settled class-action lawsuits without admitting guilt of alleged price-fixing in the chocolate industry in the country. ISTOCK

Hershey Canada Inc. pleaded guilty to one count of price-fixing related to communications with competitors in 2007 and was fined $4 million on June 22, 2013, in an Ontario Superior Court of Justice.

The other three companies, Mars, Nestle and Itwal, and their three executives continued to defend against the allegations.

All four companies settled class-action lawsuits without admitting guilt. Nestlé Canada settled for $9 million, Cadbury Adams Canada for $5.7 million, Hershey Canada for $5.3 million and Mars Canada for $3.2 million.

The outcome of the case is not unusual, said Mihkel Tombak, a professor with the University of Toronto's Rotman School of Management. The burden of proof in criminal cases is high, he said, noting the prosecution must prove the allegations beyond a reasonable doubt.

Hershey's sentencing hearing provided a glimpse into the allegations the companies were facing back in 2007.

During the period, senior employees at Hershey and their counterparts at other chocolate companies exchanged competitive pricing information, either directly or through their distributor, court heard.

However, the allegations were never proven in court.

The Competition Bureau said Tuesday that it considers the chocolate case closed.

TORSTAR NEWS SERVICE

CONSUMER WATCHDOG

Claws, poop on naughty toys list

A consumer watchdog group says dinosaur claws inspired by the movie Jurassic World and a substance that looks like poop are among the worst toys for Christmas this year.

The Massachusetts-based World Against Toys Causing Harm released its annual list of hazardous toys Wednesday.

The group says the velociraptor claws can cause eye and facial injuries, and the Play-Doh-like substance contains wheat that could cause allergies. The list also includes a quick-folding trampoline, which the group says can lead to injuries. WATCH says the items singled out represent common problems in toys.

The group also urges parents to be cautious when buying toys online, where nearly half of purchases are expected to be made this year.

THE ASSOCIATED PRESS

Jurassic World velociraptor claws can cause eye and facial injuries, says World Against Toys Causing Harm.
HASBRO.COM

Why wait until Black Friday?

This weekend only save up to $100 on select Samsung smartphones.

WIND

Offer ends November 23, 2015 or while supplies last. Valid on new activations and eligible WINDtab upgrades. Applicable taxes extra. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. WINDtab terms and conditions apply. Learn more at windmobile.ca. Samsung, Samsung Galaxy S4, Samsung Galaxy S5, Samsung Galaxy S6 and Samsung Galaxy S6 edge are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecommunicazioni S.p.A and are used under license in Canada by WIND Mobile Corp. © 2015 WIND Mobile

metro VIEWS
Your essential daily news
Thursday, November 19, 2015

CHANTAL HÉBERT: ON THE PM'S FIRST MISSTEP

"There was a glaring disconnect between Trudeau's insistence that it was business as usual on the refugee and the war-on-ISIL fronts, and the public's sense that the Paris attacks were a watershed event.

In January 1994, two months after his government was sworn in, Jean Chrétien folded himself in a small charter plane to go on his maiden foreign voyage as prime minister.

As leader of the opposition, Chrétien had described the jet Brian Mulroney had had outfitted for his official foreign travels as a needless luxury. For his first trip, the incoming Liberal prime minister opted for the flying equivalent of a sardine can, a practice he would abandon at the first decent political opportunity.

Chrétien hit three European capitals in less than a week, with a pit stop in London, an overnight stay in Paris and a NATO summit in Brussels. He might as well have been a tourist on a whirlwind budget tour.

At a joint news conference with Prime Minister John Major in London, a British cabinet sex scandal stole the show.

The highlight of Chrétien's Paris stop was a Quebec play he attended with François Mitterand. He may or may not have mentioned a possible Quebec referendum to the French president. In any event, by the time of the 1995 vote Mitterand was no longer in office.

In Brussels, the issue of the fratricidal war in the former Yugoslavia dominated the NATO summit, but while Canada had peacekeeping boots on the ground, there is no public record of a significant Chrétien contribution to the discussion.

Over his visit, the new Canadian prime minister granted the European media no interviews; nor was there a chat on the trip home with those of us who covered his tour. Journalists flew on commercial planes.

In a review of the Liberal prime minister's first appearance on the international circuit, the correspondent for the Belgian daily Le Soir wrote that Chrétien had essentially travelled incognito.

By those standards, Justin Trudeau should have passed his first test on the international scene with flying colors.

He raised matters of substance at every stop. In Manila, he served notice on Canada's Asia-Pacific partners that they should not take for granted a swift ratification by Parliament of the just-negotiated Trans-Pacific Partnership.

At the G20 meeting in Turkey, his infrastructure-spending plan was praised by Barack Obama.

In preparation for the upcoming climate change summit, foreign affairs minister Stéphane Dion started to articulate a more activist Canadian tone in the international environment talks.

But while Trudeau probably made a positive impression on other government leaders, the domestic reviews have been decisively mixed. As media coverage goes, this has been his worst week since before the election campaign.

It is not just that Canadians saw more of French President François Hollande, or that the Paris attacks pushed non-security issues off to the sidelines or even that the latest terrorist developments made some Liberal policies a harder sell.

From a Canadian perspective, it was on tone that an unscripted Trudeau most came up short.

He may have denounced the Paris attacks in strong terms in private but, in his public communications, he did not rise to the occasion.

There was a glaring disconnect between Trudeau's quasi-dogmatic insistence that it was business as usual on the refugee and the war-on-ISIL fronts, and the public's sense that the attacks were a watershed event that deserved a fuller airing.

He seemed to shrug off the well-intentioned concern of many of his provincial and municipal allies as to his refugee timetable. When federal reassurance was needed, it was offered on a piecemeal basis and usually short on specifics.

Against the backdrop of the carnage in Paris, some otherwise endearing features of Trudeau's political persona, starting with his willingness to pose for selfies on demand, turned into liabilities. There are times when glamour is the opposite of gravitas.

Media reviews of Trudeau's post-Paris week were particularly scathing in Quebec, the province whose links with France are the strongest. Cartoonists had a field day at his expense.

But the feeling that the rookie prime minister was not at the top of his game as he handled the first unscripted challenge of his tenure was not limited to his home province.

The premature beginning of the end of Trudeau post-election honeymoon is part of the collateral damage of the Paris attacks. That part of the damage is largely self-inflicted.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

THE MICROTREND: Storm selfies

Adding to the usual lessons of storm safety — watch for falling branches, report downed wires, unplug appliances — there's now a new rule: No selfies in front of the storm surge. With two major weather systems rocking the U.K. in the past week, a representative from the British environment agency has warned "The power of Mother Nature is a fascination to us all. Taking storm selfies may seem exhilarating. But over the last few years we've had an increasing number of people putting themselves and family members at severe risk." As the periodic dump of warm air and moisture known as El Niño hits this winter, more dangerous weather is likely on the way, including in Canada. So when it comes to taking risks and pulling tricks with a smartphone in hopes of social-media fame, stick to poking your friend in the eye with a selfie stick. THE INDEPENDENT

ROSEMARY WESTWOOD

metroview

For some, a decline in Christian belief spells one thing: A fight

Radicalism loves radicalism. Power hates to rescind it. And the dominant fears the minority — lest they become it.

I'm talking, of course, about Christianity in North America.

The U.S. is 70 per cent avowed Christian. Canada, two-thirds. We are very Christian nations, and the Starbucks brew-haha over its non-denominational red holiday cups was a jolly reminder.

It points to something else, too: Some Christians here feel under attack. It's an odd sentiment, given their overwhelming company, until you start to factor in a few things, including a decade of headlines about how our countries are (slowly) losing their (Christian) religion, simultaneous headlines reporting the growth of other faiths, and Islam in particular, and the rise of social-justice movements that contravene some conservative Christian teachings.

The Pew Research Centre recently released a major survey that found the U.S. continues to become less religious, driven by younger generations, and something new: Hints that those who are religious might be holding tighter than ever to their faith.

Religious Americans are by some measures "even more devout than they were a few years ago," the report noted, citing a modest growth in reading scripture or participating in prayer groups.

Alongside that, Christians in the U.S. are reporting that their faith is under threat: 72 per cent of Americans think religion is losing its influence in American life, 56 per cent think that's a bad thing, and a growing number want religion to play a greater role in politics, according to a Pew report from 2014. Perhaps in response to that, 50 per cent of white evangelicals feel they face "a lot" of discrimination.

In Canada, about half of us think the decline of religious involvement is bad for the country, according to an Angus Reid survey from last March. And while there's no similar question of discrimination in the survey, discrimination is certainly the claim made in the wake of Quebec's prayers-at-city-hall debate, or a B.C. Christian university's bid to become a law school, or Starbucks' red-washing of Christmas.

And I think that fear of irrelevance (unfounded though it may be), plays a role in today's anti-Muslim sentiment.

That Angus Reid survey — conducted after Charlie Hebdo, and well before Paris — found 44 per cent of Canadians have a negative view of Islam, and 51 per cent think it's more likely than other religions to encourage violence.

Our predominantly — for now — Christian societies see another faith on the rise, one held often by non-whites, and to some that spells one thing: A fight.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO EASTERN CANADA
Greg Lutes

MANAGING EDITOR TORONTO
Angela Mullins

ADVERTISER INQUIRIES
adinfotoronto@metronews.ca
General phone 416-486-4900

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

NEW **Philosopher cat now at www.mymetrostore.ca**

metro LIFE

Your essential daily news

You're So Vain, Warren Beatty. Carly Simon confirms second verse of song is about him.

Brownstein's search for self

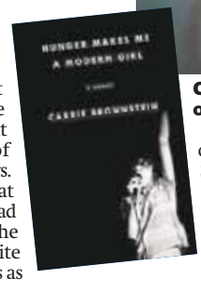
NEW BOOK

Rocker, writer, thinker looks at her life's journey so far

Ian Gormely
Metro | Canada

Performance is central to Carrie Brownstein's life, whether it's on stage as guitarist for rock trio Sleater-Kinney, or on the set of Portlandia, the sketch-comedy show she writes and stars in with fellow co-creator Fred Armisen.

But, as she reveals in her new memoir, Hunger Makes Me a Modern Girl, Brownstein assumed many roles throughout her life — fan, substitute teacher, academic — in her search for connection and identity.



"Much of what we project into the world is different permutations of ourselves," she says.

"I do think that the common thread is my writing. The reason that I write is to ask questions as much to answer them and also to form a connection with people."

She found the connection she was searching for in Olympia, Wash.'s close-knit music community, first as a member of riot grrrl band Excuse 17 and later with guitarist Corin Tucker and drummer Janet Weiss in Sleater-Kinney.

The book was inspired by a series of essays Brownstein wrote for NPR.

Using Steve Martin's memoir, Born Standing Up, as a template, it chronicles her search for a place in the world — the journey from being "disembodied to embodied" — through to Sleater-Kinney's initial split in 2006.

Brownstein purposely skirts rock bio clichés — there are no tawdry tales of sex and drugs in Hunger's pages.

Rather, she wanted to pen a literary love letter to her bandmates, who recently came together again and released the new album No Cities to Love, and to whom she dedicates the book.

Olympia's communal, anti-corporate punk spirit gave birth to the feminist riot grrrl movement, and nurtured Brownstein in her early 20s. But she and her bandmates had ambitions beyond the insular college town.

"Sleater-Kinney didn't want to preach to the converted, we didn't want to limit ourselves," she says. "I didn't want to connect to a finite group of people."

That culminated in an opening slot for Pearl Jam in the early 2000s, putting Sleater-Kinney in front of thousands of people unaware of the band's history or politics.

"Putting yourself in new uncomfortable positions helps you clarify your point of view," she says.

"It helps you innovate and push forward. That's something I try to remember in everything I do."

Carrie Brownstein's career has taken her from guitarist for Sleater-Kinney to co-creator of sketch-comedy show Portlandia. CONTRIBUTED

Brownstein co-writes Portlandia with Fred Armisen. CONTRIBUTED

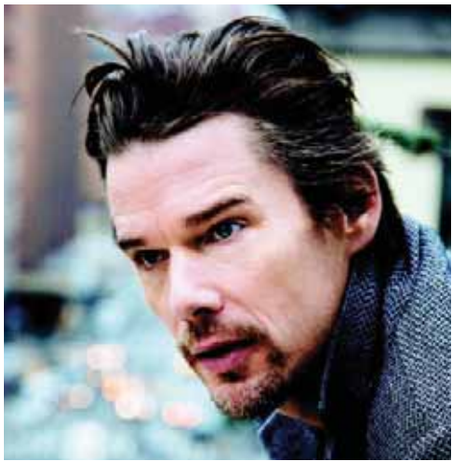
THE MANY GIGS OF SLEATER-KINNEY

The members of Sleater-Kinney have spread their musical wings over the years.

Wild Flag: Brownstein and Weiss formed this quartet with Rebecca Cole and former Helium singer-guitarist Mary Timony. Their self-titled album from 2011 remains their only release.

Quasi: Prior to joining Sleater-Kinney, Weiss was one-half of keyboard-led indie rockers Quasi. The band remains a going concern, releasing their ninth album, Mole City, in 2013.

Heavens to Betsy: Tucker's pre-Sleater-Kinney duo were one of the primary groups associated with the riot grrrl movement, taking Excuse 17 out on tour with them in the early '90s.



INDIGO EXCLUSIVE

ETHAN HAWKE

Meet the four-time Academy Award nominee, writer and director as he launches his new novel, Rules for a Knight

MONDAY, NOVEMBER 23, 7:00 PM

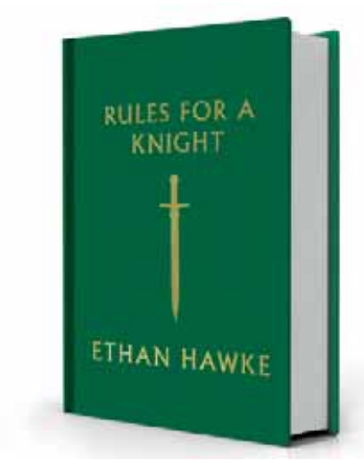
Indigo Bay & Bloor, Toronto

Tickets available at eventbrite.ca and include ONE (1) copy of *Rules for a Knight*
For more information visit indigo.ca/events

Indigo | Chapters | Coles | indigo.ca

Penguin Random House

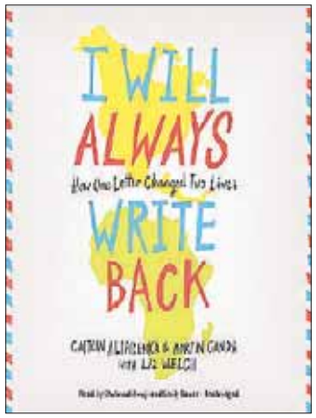
Indigo, Chapters, Coles and indigo.ca are trademarks of Indigo Books & Music Inc.



3 BOOKS TO RESTORE YOUR FAITH IN HUMANITY

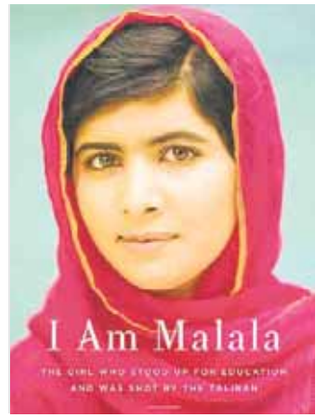
The world is mourning for Paris and Beirut. The lives of those lost in the terror attacks last week should be front of mind and honoured, not forgotten. But it's also important to remember the good in humanity. Keep following the news as it develops, but also, reach for one of these books to help remind yourself that people aren't all bad. **EMILY LAURENCE** METRO NEW YORK

1 I Will Always Write Back by Caitlin Alifirenka and Martin Ganda



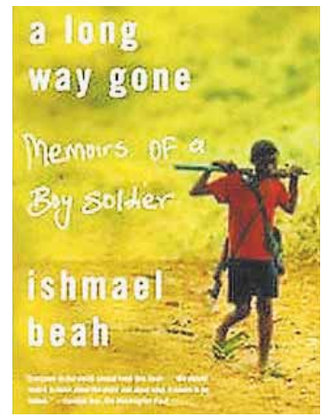
When American Caitlin Alifirenka was in the seventh grade, she started writing to a boy in Zimbabwe as part of a class project. The two kept corresponding long after the school year ended and developed a bond that would forever change the course of their lives. I Will Always Write Back shares those letters, along with details of just how different their situations were — Alifirenka growing up in the suburban town of Hatfield, Penn. and Martin Ganda in the slums of Mutare. This book serves as a reminder that a small act can have a huge, life-changing impact.

2 I am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban by Malala Yousafzai



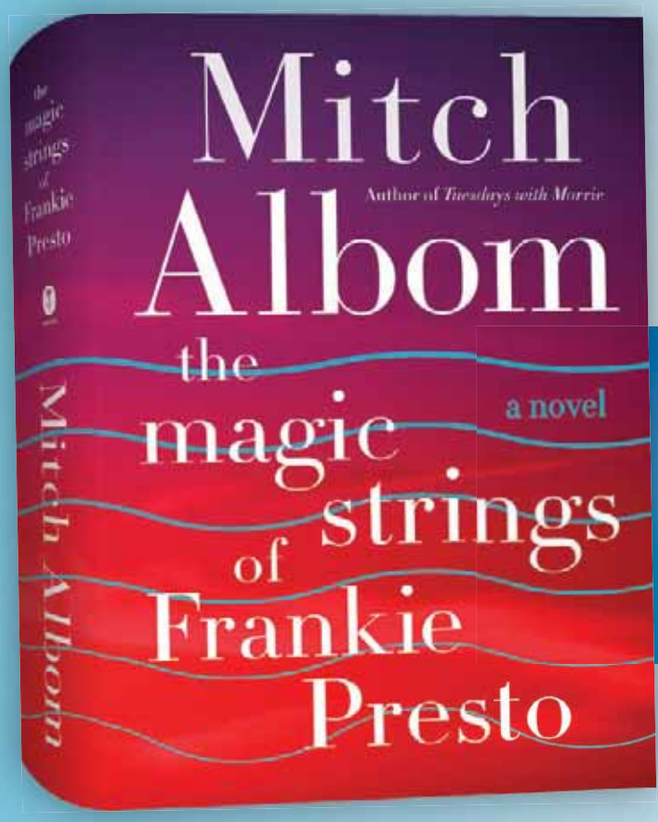
If you still haven't read Malala Yousafzai's incredible memoir about standing up to the Taliban in support of girls' education in Pakistan, you should now — especially before watching the documentary based on her story, He Named Me Malala, which comes to DVD this December. Seeing how one ordinary girl's bravery sparked global change will encourage you to live more boldly as well.

3 A Long Way Gone: Memoirs of a Boy Soldier by Ishmael Beah



This true story about a child soldier in Sierra Leone will break your heart, but it will also remind you that human beings are resilient creatures.

Ishmael Beah tells the story of when rebels attacked his village when he was just 12 years old, forcing him and his brother to flee the violence, not knowing where they were going and wandering from village to village locked in a struggle for survival. At 13 years old, Beah became a child soldier, conscripted by the Revolutionary United Front. In his memoir he shares his inspiring story with the world.



The new novel from the bestselling author of
Tuesdays with Morrie

"A beautiful story....Albom brings his literary magic once again."
—*Huffington Post*

Meet Mitch Albom!
Monday, November 23
7:00 PM
Chapters Queensway
For details visit indigo.ca/events

Discover this book and more at
harpercollins.ca
#FrankiePresto

Offending sensibilites with intent

JONATHAN FRANZEN

Controversial novelist tunes out criticism of latest book

When Jonathan Franzen was writing his breakout 2001 book The Corrections, he famously claimed to deter distraction by working in the dark while wearing noise-cancelling earphones and a blindfold.

Nowadays, sunless, soundless isolation might seem Franzen's only avenue to avoid the criticism that greets his every novel, essay or interview.

His latest tome, Purity, was met with enthusiastic reviews from some corners (the New York Times was positive, the Guardian called it "piercingly brilliant") and withering derision from others. The Star review considered it an "engaging and brilliant" yet flawed book.

As usual, the debates centred on Franzen himself — whether he was sexist, hostile of technology, or, well, actually serious about adopting an Iraqi orphan.

And as usual, Franzen donned his figurative blindfold and blocked most of it out.

"I don't read the stuff, so I don't have a clear idea of what anyone's complaining about," Franzen said recently in Toronto. "There is this online discourse, particularly on social media, that I would rather have nothing to do with, because it's mostly dumb, and set up to reward people taking extreme, irresponsible positions and to punish people who are trying to do nuance and moderation.

"I can afford not to care because people do read the books," he continued later. "So people with a lot of time on their hands and no real interest in what is true think I'm a bad person — so what? It's not going to end my career."

ASKING THE RIGHT QUESTIONS
"I felt it's really my duty as a novelist to push hard against the very things i believe in."
JONATHAN
PURITY
FRANZEN

As long as people read his books, Jonathan Franzen is content to ignore online discourse. CONTRIBUTED

Franzen is speaking through a cough, juggling two packages of lozenges and feeling jet lag-"stoned" after a cross-continental flight. To avoid circulating germs, he forgoes a handshake in favour of an elbow bump.

It's a more congenial interaction than he's had with most journalists lately.

In particular, he describes an "insane exchange" with NPR host Terry Gross, who read Purity — which follows a debt-trodden young woman searching for her father's identity — and questioned Franzen's depiction of an erratic feminist character who insists her partner pee sitting down.

"Being a lifelong feminist, in the same way that I was hardest on liberal democrats in Freedom ... I felt it's really my duty as a novelist to push hard against the very things I believe in," he said. "What does it mean for a man to be a feminist? That's a question I found worth asking.

"I'm told that, yeah, people are sounding off about it. But that just means that I was asking the right questions."

The moment Franzen labels himself a "lifelong feminist," it's tempting to interpret a mischievous desire to provoke, a feeling that creeps up frequently.

"I don't let people take selfies at my events," he declares at one point. "Most people are cool with that, but there exist people who just can't, who plead and beg and say it won't have happened if I don't take a picture."

Later, he argues that the Internet's discourse "reminds one of the eighth-grade cafeteria." As he speaks, a recent Salon headline comes to mind: "5 times Jonathan Franzen trolled us this year."

But Franzen insists that he's never sought to worm his way under anyone's skin. In fact, he laments how the opinions he offers "in a polemical space" are confused with his published work.

Yet Franzen, sore throat and all, will not be silenced.

"It's not like I enjoy having people angry at me," Franzen said. "I would like everyone to say: 'Wonderful novel, John. Please write another.' It's not like I take pleasure in being mischaracterized and called a bad person.

"But I feel like a writer isn't doing her or his job if they're not standing up to existing power structures, including good liberal consensus," he continued.

"I'm attracted to points in the culture where dogma and reality have drifted far apart. And I care so much more about the isolated reader who feels the same way that I do than all the conformists who might be offended." TORSTAR NEWS SERVICE

MISUNDERSTOOD

Misconception 1: He's anti-technology
"I don't think of myself as uninformed. Of course, I spend a minimum of two or three hours a day on the Internet in some fashion. It's just I don't know what it's like to be on Twitter. I don't need to know."

Misconception 2: He's focused on the family
"I'm a little confounded by how much I'm considered a family novelist. I find myself telling the story of Norman Mailer's reading part of The Corrections and writing to my editor that it seemed like a 'super-duper, hyped-up sitcom,' which had been my fear when I was working on it, that it would not be taken seriously. I think Mailer was wrong, of course. In pretty much all my novels, there's a lot more about the workplace. There are no intact families in the new novel."

Misconception 3: His spring essay questioned climate change
"I was asking, does it really make sense for the entire environmental community to make climate change the overriding, almost exclusive priority for every organization? There was this blast of ad hominem rage. Nothing could have told me more clearly that I asked the right question — because they don't want to deal with the question on its merits." TORSTAR NEWS SERVICE

TORONTO MOBILE VETERINARY SERVICES
Professional & friendly veterinary care all in the comfort of your own home!! We provide general, emergency and procedural services and much more!! Open after-hours, weekends and holidays.
Follow Dr. Tina on YouTube
Call 647.389.4VET (4838) OR visit www.tomobilevet.com for an appointment TODAY!!

Lisa's Cosmetics 2015 CHRISTMAS
WAREHOUSE SALE
BRAND NAME FRAGRANCES & COSMETICS
Sale Date: Nov 20-23, 27-30 and Dec 4-6
Sat: 9am to 6pm, Sun: 10am to 6pm, Mon & Fri: 10am to 8pm
PERFECT GIFTS FOR CHRISTMAS
www.lisascosmetics.com
SAVINGS UP TO 80%
Visit Our NEW LOCATION
135 Commerce Valley Dr. East Markham, Ontario
WHEN
November 2015
December 2015
Health & Beauty Products
Neutrogena, Aveeno, Dove, Pantene
L'Oreal, Garnier, Johnson & Johnson, Olay
Fashion purses and designers sunglasses and much more!
No Strollers or Children under 12 allowed

WEB BRIEF

Gawker to get all political
Popular US-based website Gawker will be getting rid of its gossip and entertainment coverage to rebrand as a political blog.

Founder Nick Denton and executive editor John Cook outlined the new direction for the company, Gawker Media, in internal memos sent to employees saying that the sharpened focus on politics is meant to get ready for the 2016 American presidential election and related campaigns.

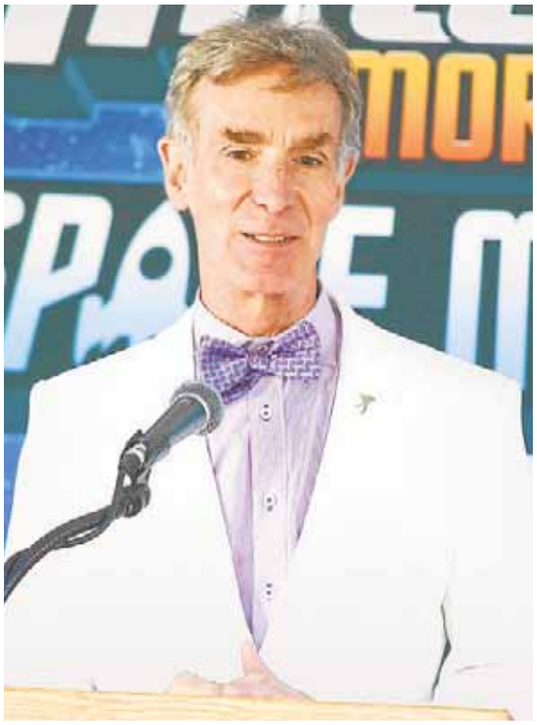
SISTER SITE
Jezebel will become the main site for celebrity and pop culture coverage.

Sub-sections such as Defamer, Morning After and Valleywag will face the chopping block, handing the mic over to women's blog Jezebel. The blog will also launch new sections on health, beauty and self-care.

Changes are also expected at its sister site Gizmodo.

Gawker Media is also comprised of Lifehacker, Kotaku and Deadspin. AFP

Bill Nye 'the science can save us' guy



Bill Nye's new book Unstoppable: Harnessing Science to Change the World is out this week. CONTRIBUTED

NEW BOOK

TV star is convinced we can tackle climate change

Bill Nye is discussing his new book on climate change from an apt location: behind the wheel of a Tesla.

While electrically navigating the streets of New York City, Nye offers a supercharged warning about the dangers ahead if the problem isn't tackled, and now.

Science has conclusively demonstrated a link between human activity and an overheated Earth, he says, dismissing the counter-arguments of doubters and deniers as "weird."

And it's with scientific innovation that we can rescue our home planet and ourselves, says Nye, who offers a detailed and chatty how-to in Unstoppable: Harnessing Science to Change the World, out this week from St. Martin's Press.

Unstoppable, which opens with a stern warning that climate change "is coming right at you," moves quickly to his advice to stop worrying — "or at least to move past it" — and get busy.

Nye has his work cut out for him: An Associated Press-NORC Center for Public Affairs Research poll in October found two out of three Americans accept global warming, with the vast majority of those citing human activities as at least part of the cause. But fewer than one in four Americans are extremely or very worried about it.

The bow-tie bedecked engineer, who gained fame on the 1990s TV series Bill Nye, the Science Guy, spoke about his book from the road last week.

Your book includes sweeping approaches to address climate change. What can individuals do that counts?

Not wasting any water bottles is good. Not leaving the lights on is good. Turning the thermostat down in the winter, up in the summer, is good. But the best thing any of us in the developed world, especially in the United States, can be doing is talking about it. ... It's strangely a hard thing to talk about because it's become so political and divisive, and people have a tendency to give up and see it as overwhelming. But I claim that it's not.

You're truly optimistic?

The world's going to change climatically. We just want to control the change. We want to have a high quality of life for billions of people as we pass through this era.

How do you see your role as a citizen-scientist?

It is my mission to change the world. I'm not kidding: Make no small plans, dream mighty things. I feel if we get enough people engaged in climate change, we will get enough people to change the world. We will revolutionize the way we produce electricity and provide clean water to people. And along with this ... is educating more women and girls. Because that is the surest route to controllably, manageably reducing the human population. Educated women have fewer kids. And the kids they do have are better cared for and are more successful. As I like to say, it's not one thing that we need to focus on. It's everything all at once.

You said that politicians should heed millennial voters on climate change. Is that generation especially receptive to taking action?

Overwhelmingly. College kids are very concerned about this. Recently, I visited Alabama, Tennessee and Texas. What you find on these college campuses (is that) everybody is, if I can use my term, enlightened. And the state has politicians who have been in office for years and years, and the two groups are at odds on climate change. Millennial voters are very concerned about climate change and will vote for candidates who are planning to address it. But the systems that are in place — people talk about gerrymandering and the money that's in politics, this is a real thing, a real effect — and it's hard for climate change-denying legislators to get voted out. But I predict it will happen.

THE ASSOCIATED PRESS

STRONG LOOKS BETTER NAKED

Khloe juggles book and drama

The awkwardness of Khloe Kardashian promoting a book while she's helping estranged husband Lamar Odom recover from a suspected overdose is not lost on the reality star.

"It is very weird to be selling something or telling everybody 'go buy my book' when there's very serious things happening in my life," Kardashian said in an interview with The Associated Press last week. "Real life happens and nothing is going to stop. Your work can't just stop. So we have to learn to juggle it all and still make time for yourself."

The book, Strong Looks Better Naked, is a self-help manual that chronicles her weight loss and her rebound after her marriage to Odom collapsed and left her reeling.

"Everything in the book I am living day by day right now," she said.

Even though they went through divorce proceedings, they are still technically married, and Kardashian rushed to his side after the former NBA star was found unconscious at a Nevada brothel in October. Odom is believed to have overdosed on cocaine and other drugs.

While Kardashian is still very involved in his recovery. She said he's still healing, a process she describes as "day by day."

"Every day like I say 'I'm doing press for the book.' And he'll just look like, 'What? What are you talking about?' And I'll remind him again. So it's constantly reminding him, but that's what we do every day until he gets better. And you know the brain is magical," she said. "It's gonna heal in time."

Khloe Kardashian. THE ASSOCIATED PRESS

Kardashian, who also launches a talk show called Kocktails with Khloe Jan. 20 on the FYI network, has kept her sense of humour through all the drama.

She jokes about being a "polygamist" since she has maintained her relationship with her boyfriend, NBA's James Harden, while caring for Odom.

"It's a very interesting dynamic that I have going on. It is also just crazy at the same time that I have to explain everything that I do and the choices I'm making when I know the choices I'm making, my boyfriend knows the choices, my family knows the choices," she said. "You just have to like kind of laugh at everything because if you don't laugh you're gonna cry. So the answer is start laughing."

She said communication is the key to her relationship with Harden. "If you make someone feel comfortable I think any situation you can work through. But I still respect how he feels and what his boundaries are," she said. "I'm sure it's confusing, but we know we're not confused."

THE ASSOCIATED PRESS

WE NEED MALES & POST-MENOPAUSAL OR SURGICALLY STERILE FEMALES

Are you a healthy, MALE or POST-MENOPAUSAL OR SURGICALLY STERILE FEMALE 18 – 65 YEARS OF AGE?

- Free of daily medications?

If so, provide a blood sample and we will determine the level of triglyceride and cholesterol in your blood. You will be compensated $50 at the time of blood draw for your participation in this testing. The results of this testing may help identify you as a potential candidate for our upcoming clinical research study which could provide compensation up to $4,000.

BioPharma SERVICES INC.
Research. Results. Reliability.

CALL: 416-747-5246
Toll Free: 1-866-747-5246
Mon-Fri: 8am-6pm, Sat-Sun: 10am-6pm

4000 Weston Road, Toronto | www.biopharmaservices.com

Walmart
Save money. Live better.

PRE Black Friday

Thurs., Nov. 19th to Wed., Nov. 25th, 2015

Hamilton Beach

42-Cup Coffee Urn
Cup-per-minute brewing speed, boil-dry shut-off and dishwasher-safe permanent filter basket and twist-lock lid. #30417079/777999.

Rollback
Save $9
44.98 each
Was 53.98

Digital 2-Slice Stainless Steel Toaster
1.5" extra-wide slots. #30160639.

Rollback
Save $5
32.98 each
Was 37.98

Belgian-Style Flip Waffle Maker
Non-stick surface with browning control, cool-touch easy-flip handle and drip tray. #30247514.

Rollback
Save $10
37.98 each
Was 47.98

6-Speed Hand Mixer with Storage Case
300 watts. Includes twisted wire beaters, milkshake mixer, dough hooks and whisk. Store in snap-on case. #30246066.

Rollback
Save 3.19
26.77 each
Was 29.96

GEORGE FOREMAN HEALTHY COOKING

Non-Stick Grill
Removable plates. 4 servings. Dishwasher safe. #30952033.

Rollback
Save $10
39.97 each
Was 49.97

Linea 4-Slice Toaster
Extra-wide and long slots and self-centering guides for even toasting. #30164946/942944.

Rollback
Save $8
39.98 each
Was 47.98

BELLA

Linea 2-Slice Toaster
Extra-wide slots and self-centering guides for even toasting. #30164945/942942.

Rollback
Save $8
27.98 each
Was 35.98

Linea 12-Cup Coffee Maker
Control panel and hidden cord storage. #30942940.

Rollback
Save $14
45.98 each
Was 59.98

BELLA

8-Person Non-Stick Raclette
Thermo-insulated. #30403810.

48.88 each

5-qt. Slow Cooker
Removable stoneware pot for easy serving and programmable setting with digital countdown timer. #30942936/7.

Rollback
Save $8
39.98 each
Was 47.98

Sport Rocket Blender
Create smoothies directly in the tumbler. #30942938/9.

Rollback
Save 3.50
27.48 each
Was 30.98

1.7 L Cordless Kettle
Auto shut-off and boil-dry protection. #30324651/2/1164174.

Rollback
Save $8
39.98 each
Was 47.98

Ad Match • Guaranteed Unbeatable
Walmart® will **match** the advertised purchase **price** of **any competitor** for an identical product.

Ad Match is only available with proof of the current published in-store retail price for the identical product in an advertisement by a retailer in the local area. Not applicable to clearance sales, combination promotions (e.g., gift with purchase), double or triple coupons, after-sale rebate offers, preferred customer discounts or random discounts (e.g., scratch and save events) offered by other retailers, or to competitor misprints, or withdrawn or corrected advertisements. Applicable only to products currently in-stock at this store location. We reserve the right to limit quantities. Walmart's Ad Match program may be modified or withdrawn at any time without notice.

SPECIAL OFFERS IN-STORE AND AT WALMART.CA

WHILE QUANTITIES LAST NO RAINCHECKS

Oster

6-Slice Stainless Steel Convection Toaster Oven
Fits casseroles, pizza, roasts and more. Features broil, bake, toast and warm functions. #30929065.

Save 19.98
39.98 each
Our Reg. 59.96

Hamilton Beach

4.5 L Double Basket Deep Fryer
1 extra large and 2 small frying baskets and adjustable temperature control. #30943144.

Save 24.98
49.98 each
Our Reg. 74.96

Omega

Centrifugal Juicer
High-speed juicer with automatic pulp ejection. Easy to cut, crush and slice vegetables, fruits and grains. 2 speeds: Low (9500 RPM) and Turbo (11,000 RPM). #30385207.

Save $70
$98 each
Our Reg. $168

Sunbeam

MixMaster 12-Speed Stand Mixer
350 watts. Includes durable stainless steel beaters, whisks and dough hooks. #30355977.

Save 39.98
59.98 each
Our Reg. 99.96

10" x 18" Electric Griddle
Adjustable temperature control. #30249952/852556.

Rollback
Save $5
29.96 each
Was 34.96

BLACK+DECKER

Fusion 2-in-1 Blender
Includes 48-oz. glass jar, 20-oz. personal jar and LED pre-programmed settings for smoothies. #30952032.

Rollback
Save 10.01
49.97 each
Was 59.98

8-Cup Food Processor
450-watt motor. Safety Interlock System. #1531855/3710.

Rollback
Save $10
29.96 each
Was 39.96

hometrends

Meat Grinder
Durable die-cast hopper. 300-watt motor. 3 cutting plates: fine, medium, coarse. #30364936/86683.

Rollback
Save 21.97
$78 each
Was 99.97

Hook-Up 2 x 1-qt. or 5-qt. Round Entertainment System Units

CROCK-POT
THE ORIGINAL SLOW COOKER
LA MIJOTEUSE D'ORIGINE

5-qt. Capacity or Two 1-qt. Quart-Size Crocks
Units plug into each other. Stackable for easy storage. #30929061/1143806.
(Units sold separately.)

Rollback
Save $10
49.96 each
Was 59.96

7-qt. Oval Manual Stainless Steel Slow Cooker
3 temperature settings. See through tempered glass lid. #30218843.
While quantities last

AMAZING!
22.88 each

FoodSaver
THE #1 VACUUM SEALING SYSTEM

FoodSaver V4420 Automatic Vacuum Sealer
#30651925.

Rollback
Save $35
154.96 each
Was 189.96

Items and prices available in Canada only and only for stores in the distribution area of this flyer. Flyer effective **Thursday, November 19th to Wednesday, November 25th, 2015**. Walmart has great selections available at low prices every day, and we continually strive to lower our costs so that we can bring you more ROLLBACK prices. **No rain checks will be issued for items in this flyer.** We reserve the right to limit quantities to normal retail purchases. Items may be available by special order in certain locations. If the scanned price of a non-price ticketed item is higher than the shelf price or any other advertised price, you're entitled to receive the first item at no charge, up to a $10 maximum. Prices, selection and availability may vary by store and on Walmart.ca. For terms applicable to online offers, please visit Walmart.ca. Certain items may be subject to additional environmental handling, recycling or disposal fees. The amount and application of such fees vary by product and by province. See store for details.

Walmart
Save money. Live better.

McGarrigles keep family lore alive

NEW RELEASES

Sisters' book is more tribute than musical memoir

Sue Carter
For Metro Canada

While it may seem impossible at the time, personal tragedy can sometimes lead to great art. When Canadian folk musician Kate McGarrigle died of cancer in 2010, her family began hosting an annual concert in her honour.

The events weren't just a tribute to her music as half of the beloved sister duo Kate and Anna McGarrigle, but to the extended family, including her parents, her oldest sister, Jane, and to Kate's children, Martha and Rufus Wainwright.

Charmed by the family's stories during the concert, Random House Canada executive publisher Louise Dennys approached Anna with the idea of putting them down on paper. Anna suggested that she co-write the book with Jane, who had already been developing a television series loosely based on life in Saint-Sauveur, the picturesque Quebec skiing village where the sisters grew up. The two had already co-written songs together, why not a book?

"When Anna asked me to join her, I was just overjoyed," says Jane. "Here was a real writing project, and a project dear to my heart. And I was going to do it with Anna who is always a blast to work with."

Mountain City Girls is a tender and often funny memoir told in brief first-person dispatches. Weaving together moments both significant and fleeting, the book includes favourite stories of their grandparents and ends in 1976, a year after Kate and Anna McGarrigle, the sisters' debut album was released.

"It wasn't to make a point of keeping the family lore alive," says Jane, "but it just seems to want to go on by itself."

From the beginning the sisters were clear they weren't interested in writing a music memoir. Anna's husband, Dane Lanken, had already published a scrapbook-style book that followed the musicians, and Martha Wainwright is currently working on her own autobiography.

Sisters Anna and Jane say their collaborations are sometimes like an episode of I Love Lucy. THE CANADIAN PRESS

"I know that she's going to talk about from a certain era on, what it was like to grow up in her family," says Anna.

"I didn't want to start telling stories about Kate. Martha might want to tell those stories. We wanted to go to another place, more in your face, to invite you in and come meet our grandfather."

Most of the manuscript was written with the sisters sitting across from each other at a table.

"When Anna's writing, she's so deep in her subject, she's really not there," says Jane. "I'd ask her a question about something, and I'd say, 'Hey Anna,' and there'd be no answer. She's not ignoring me, she's just not hearing me. It's like she's in this vapour."

The two joke that their collaboration at times recalled an I Love Lucy episode.

A chunk of writing would accidentally get deleted, or a printed chapter destined for the publisher would be left forgotten on a couch.

Although their editor suggested they start with a chronological timeline, Anna found linear storytelling a challenge.

"My husband calls me an anarchist because I can't do that. I can only write what I know — it's just the way I am."

Reliving family memories — in particular about their father, who died in 1965 — was an emotional experience that sometimes resulted in tears, but ultimately those shared stories brought the two sisters closer, says Jane, "knowing that often we're the only two people who remember."

Sue Carter is the editor at Quill & Quire magazine.

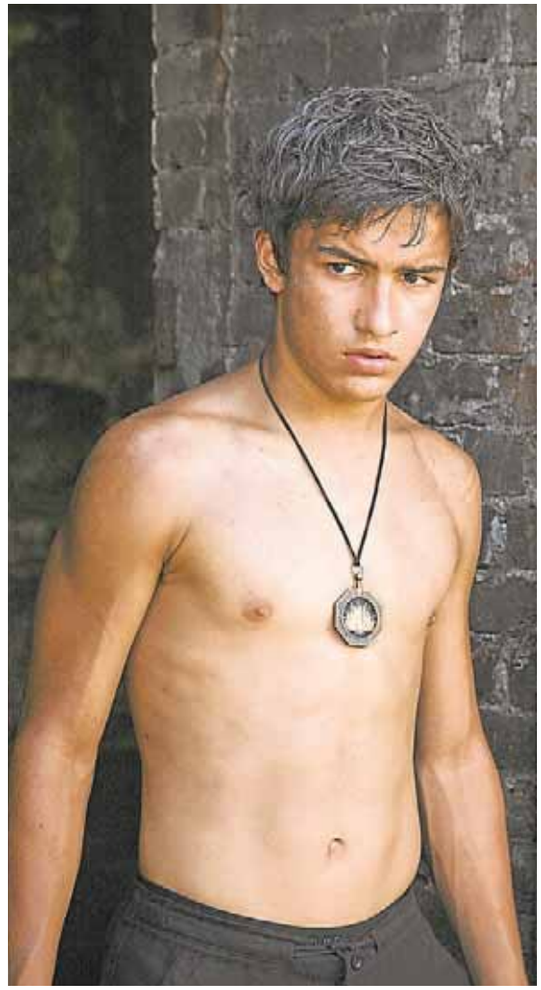
NEW
12 HOUR* PAIN RELIEF
New NAPROXEN MotriMAX 12 HOUR LIQUID GELS
Relieves • Pain from Inflammation • Joint, Muscle & Arthritis Pain
*UP TO 12 HOURS
© Johnson & Johnson Inc. 2015
To be sure this product is right for you, always read and follow the label.
SAVE $3.00
OFF THE PURCHASE OF MOTRIMAX™ 12 HOUR PRODUCTS
04396420
TO THE DEALER/RETAILER: McNeil Consumer Healthcare, division of Johnson & Johnson Inc. (McNeil) will reimburse you for the coupon's face value plus our specified handling fee provided your customer redeems it at the time of purchase of any item(s) specified. Limit one coupon per purchase and per person, and may not be combined with any other offer. Other applications may constitute fraud. In Quebec, do not redeem this coupon for your customer. McNeil, in its sole discretion, may refuse reimbursement where it suspects fraudulent redemption has occurred or where applications for reimbursement are received more than one month from the expiry date indicated on the coupon. Failure to send in, on request, evidence that sufficient stock was purchased in the previous 90 days to cover coupons will void coupons. Coupons submitted become McNeil property. Reproduction of this coupon is expressly prohibited. For redemption, mail to: McNeil Consumer Healthcare, division of Johnson & Johnson Inc., P.O. Box 3000, Saint John, N.B. E2L 4L3.
NOT VALID FOR REDEMPTION IN ANY STORE OR PHARMACY IN QUEBEC.
TO THE CUSTOMER/CONSUMER: Provincial Law may require the retailer to charge the applicable tax on the full value of the purchase(s) before the redemption in coupon value. GST, HST, QST and PST are included in face value, where applicable. Coupon is void if reproduced or altered from original. Any other use constitutes fraud. Limit one coupon per purchase and per person, and may not be combined with any other offer. No facsimiles. Offer valid only at participating retailers in Canada excluding Quebec. Available while quantities last. COUPON EXPIRY DATE: December 31, 2015
© Johnson & Johnson Inc. 2015

Knight's M.K. has a dark secret

INTERVIEW

Actor talks teens, training, complicated characters

Ned Ehrbar
Metro | Hollywood



Aramis Knight plays a mysterious teen on AMC's dystopian drama Into the Badlands. HANDOUT

Aramis Knight is only 16 years old, but he's already something of a Hollywood veteran with plenty of titles like Ender's Game and The Dark Knight Rises behind him. But with AMC's new dystopian martial arts drama Into the Badlands, he had to pick up a whole new set of skills for the role of the mysterious young M.K.

How did you go about throwing yourself into this world?
There was a lot of preparation that went into this project. They put us through a seven-week martial arts training boot camp to put us into this world and get us in touch with the athletic side of ourselves. I think that seven-week boot camp definitely helped a lot. I don't think I realized it by the end of it, but once we began filming and we were doing martial arts every day and we really were asked to dive into this world, I realized how much it actually helped.

Was that level of physical training daunting?
Yeah, definitely. I've been in this business for 11 years, so not too many things intimidate me anymore when it comes to working on new projects or auditioning. But with this project, I had no martial arts background at all. I've always been very athletic, though, and very in touch with the physical part of me and I've always been very good at transforming my body for a role, but never to this extent. It definitely was intimidating, definitely daunting, but by the end of the seven weeks I was feeling pretty good and doing things I never thought I'd be able to do.

Like what?
They had me doing backflips, kicking over my head. I was touching my forehead to my knee when I was stretching. Things like that, that I never thought I'd be able to do because coming in I lacked flexibility a lot.

Since your character goes on something of a training journey, did that make it easier? Like you could be kind of bad early on?
It definitely lessened the pressure, yeah. But I knew I would be working so much that I would have to unleash everything I learned eventually. And also because of M.K.'s dark secret, you have to be able to see a change in his abilities. So I had to sort of figure out how to suppress my abilities but then also let them shine when I do go into that state that is so special.

That sounds very complicated.
Yes, it was very complicated. It was physically and psychologically taxing, but when you see the show you can definitely appreciate how much work went into it.

How do you describe the journey M.K. goes on?
I definitely think it's a reflection of teenagers today. He very much is a teenager, and M.K. is very different from everybody else on the show because everybody is sort of brainwashed into thinking that killing is a norm and fighting to survive is a norm and the possibility your loved ones dying is something that everybody has to deal with. M.K. is not really used to that since he very much is ignorant to the world of the Badlands and he isn't used to killing and possibly being killed or being hunted. So you definitely see him shake things up. He metaphorically slaps everybody in the face and wakes them up to reality.

OPPORTUNITIES FOR CONTRACTORS, SMALL BUSINESSES AND SOCIAL ENTERPRISES

EGLINTON CROSSTOWN

BUSINESS OPPORTUNITIES & INFORMATION SESSION

NOVEMBER 24, 2015, 10 A.M.–8 P.M.
CAPITOL EVENT THEATRE, 2492 YONGE STREET
(NORTH OF EGLINTON AVENUE)

Metrolinx, the regional transportation agency for the Greater Toronto and Hamilton Area (GTHA), recognizes that its infrastructure investments should provide benefits for the communities in which it works, and is committed to working with local community groups, agencies and stakeholders to realize those benefits.

To support its delivery of this project, Crosslinx Transit Solutions (CTS) is hosting a drop-in session for contractors, small business owners and social enterprises to learn about opportunities with the Eglinton Crosstown.

Come learn about the project, attend a presentation (11 a.m., 3 p.m. and 7 p.m.), and share information with CTS about your company and the services it can provide.

To RSVP, please visit www.crosslinxtransit.ca

For more information about the Crosstown, visit www.thecrosstown.ca

The Eglinton Crosstown Project is building the Eglinton Line, a 19-kilometre light rail transit (LRT) line that will run along Eglinton Avenue through the heart of Toronto, with a 10-kilometre underground tunnel in its central section. When complete, the line will connect Mount Dennis in the west to Kennedy Road in the east, and will move passengers up to 60 per cent faster than bus service today.

The Eglinton Line will provide fast, reliable, integrated, comfortable and convenient transit service. It will have 25 stations and stops, linking to bus routes, three subway stations and various GO Transit lines.

Metrolinx is building the Eglinton Crosstown Light Rail Transit (LRT) project in partnership with Infrastructure Ontario.

METROLINX CROSSLINX TRANSIT SOLUTIONS Ontario Infrastructure Ontario

JOHANNA SCHNELLER **WHAT I'M WATCHING**

When The Good Wife goes bad

THE GOOD WIFE, SEASON 7, EPISODE 7 (NBC/GLOBAL)

Alicia evolves before our eyes on The Good Wife. HANDOUT

Attorney Alicia Florrick (Julianna Margulies), who's just triumphed at work, and her husband Peter (Chris Noth), who's running for U.S. president, are sharing a drink in her kitchen. (They're estranged, but pretending to be together for his campaign.)

"Nothing beats a good cross-examination," she says, toasting herself. "I just got a million-dollar donation," he counters. They smile at each other like jackals. "Want to get laid?" she asks. "I have 20 minutes."

They repair to her spare room and unceremoniously strip. Cut to them getting dressed.

"That was sexy. Why is that?" Peter asks.

"Because sex is sexier without love," Alicia replies.

Hmm. Nothing announces The New Alicia quite like a zipless screw. A few seasons ago, it was her abiding love for the now-deceased Will Gardner (Josh Charles) that made their sex so hot. But that was then. All this season, we've been watching Alicia toughen.

She traded red wine for tequila, and ditched her white-glove firm for a scrappy, public-defender partner (Cush Jumbo). Out went her crush on namby-pamby lawyer Finn Polmar (Matthew Goode); in came her wolfish stares at her new, dangerous-hunk investigator (Jeffrey Dean Morgan).

Alicia's character evolution makes sense plot-wise: Faking it for Peter's campaign is nervy enough. But if he wins, she's going to be a faux-First Lady — and that would take balls of steel.

The Good Wife has never feared changing things up; that's why it's enjoyed such a long, strong run. But turning Alicia into Lady Macbeth is a truly interesting twist.

SPOILER ALERT

The Big Bang Theory that many have waited for

The final Big Bang Theory episode to air before holidays will mark a turning page for some of their characters.

Unable to keep a lid on the new plot twist after show was taped in front of a live studio audience Tuesday night, CBS confirmed that after five seasons, Sheldon (played by Jim Parsons) and Amy (Mayim Bialik) finally consummated their relationship. "SAY WHAT?! #BigBangTheory EP Steve Molaro confirms coitus is in #Shamy's near future," reads a tweet blast from the show's official Twitter account.

AFP

KRYSTEN RITTER

Finding intimacy in playing a superhero

Krysten Ritter was never drawn to comics, but the opportunity to take on a character-driven role in the new Netflix series Marvel's Jessica Jones convinced her to find her inner superhero.

"Being able to have this role, it's like actor-candy," says the former "Don't Trust the B— in Apartment 23" star, who plays the titular character, an emotionally tortured, super-strong young woman working as a private detective in New York.

Premiering Friday, the new Marvel series also stars Doctor Who's David Tennant as villainous Kilgrave, while Mike Colter is fellow superhero Luke Cage, another character set to get his own Netflix series next year. Jones and Cage will join the characters from the already-streaming Marvel's Daredevil and upcoming Marvel's Iron Fist for the eventual combo, Marvel's The Defenders.

In advance of Jessica Jones's premiere, Ritter says she found surprisingly meaty role in the series, even though she knew little about this character or the Marvel universe beforehand.

"I am always drawn to smaller stories and intimate character dramas. Little did I know that when I started this whole process of auditioning and learning about this project that that's exactly what this is. This is a very rooted, grounded character study. And the fact that she's a superhero is kind of always second in my mind."

THE CANADIAN PRESS

PEOPLE MAGAZINE

Becks is sexiest of them all

If you were doubting the exact sexiness level of David Beckham, doubt no more, for it has officially been quantified.

Beckham has been dubbed the Sexiest Man Alive for 2015 by People magazine.

The news was announced on Jimmy Kimmel Live, with Beckham appearing via Skype to accept the honour.

"I would obviously like to thank my parents for bringing me into this world, of course. I would like to thank my hairdresser, my stylist," he joked.

He was a bit more serious with the magazine itself: "I never feel that I'm an attractive, sexy person," Beckham tells People.

"I mean, I like to wear nice clothes and nice suits and look and feel good, but I don't ever think of myself that way." Which kind of sounds like super-modest B.S., but whatever.

NED EHRBAR/ METRO HOLLYWOOD

David Beckham

metroGOSSIP MUST READ

Gwen Stefani says having her heart broken has allowed her to write some really incredible music. ALL PHOTOS GETTY IMAGES

Stefani wishes split never happened

RELATIONSHIPS

Singer keeps opening up over divorce from Gavin Rossdale

Ned Ehrbar
Metro | Hollywood

Apparently Gwen Stefani talking to a radio station about her divorce is a weekly thing now, and this week she's getting much more candid. And get this: Stefani found inspiration to split up with husband Gavin Rossdale by … listening to her old No Doubt breakup songs.

"I go back and listen to a lot of that stuff and get sick," she tells Washington, D.C.'s 94.7 Fresh FM.

"You look at the song and go, 'that was a red flag and that was a moment where I was feeling just as bad as I do today and why did I keep it up?'"

As for the divorce itself? She's looking on the bright side.

"I wish it didn't happen. I wish that all this wasn't happening, but it was part of my life journey," she says.

"In my life I've had two really bad heartbreaks, but I've written some really incredible music out of it." See? She really is a big fan of her work.

CHARLIE SHEEN

Martin Sheen in awe of son's courage

The West Wing actor Martin Sheen says he wishes he had the courage of his son Charlie Sheen, who has revealed he's HIV-positive.

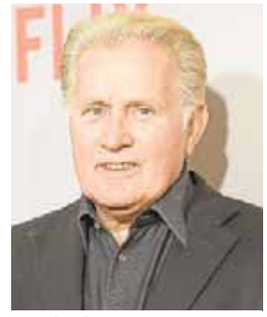
Sheen spoke Tuesday during an event at The Ritz-Carlton resort in Naples, Florida, hours after his son's appearance on NBC's Today.

According to the Naples Daily News, Sheen said his 50-year-old son had been working up to the announcement for months with his family's encouragement.

Sheen said that as he watched his son reveal "his deepest, darkest secret, I couldn't believe the level of courage I was witnessing, and that it was my son."

Sheen encouraged support for people struggling with drug and alcohol addictions.

He said he hoped the announcement was "the first day of the rest of Charlie's life as a free man." THE ASSOCIATED PRESS



Martin Sheen

GOSSIP BRIEFS

Adele doesn't sing about heartbreak, for once

Adele is the queen of heartbreak. When she released Hello a few weeks ago, it teased that her new album would continue her lonely-hearts song trend. But this week she dropped her new single, Water Under The Bridge, and it's about her being happy in love. Adele tells Beats 1 Radio that the song is about her waiting for boyfriend Simon Konecki to treat her badly. But it just didn't happen. "Water Under The Bridge is more like, I'm waiting for him to be horrible but I don't think he's gonna be, waiting for the relationship to end. This is the relationship now that I'm gonna be in. It was quite a ground-breaking moment," she says.

EMILY LAURENCE/METRO NEW YORK

Adele

Bieber gets assassinated in Zoolander 2

Canadian pop superstar Justin Bieber appears to meet a grim fate in the upcoming Zoolander 2 film. The comedy spoof features an assassin who's out to kill "the world's most beautiful people," and Bieber appears to be one of them. A newly released trailer for the film starring Ben Stiller and Owen Wilson shows Bieber being chased down by an assassin who's on a motorbike. In the next shot, Bieber is apparently injured on the ground, and uses his phone to take a selfie while flashing blue steel. Zoolander 2 is due out in February. THE CANADIAN PRESS

SUPER SALE!
SATURDAY, NOVEMBER 21 TO FRIDAY, NOVEMBER 27
FIND GIFTS. SAVE BIG. LEAVE HAPPY.
Visit shoppersdrugmart.ca or the store nearest you for details.
While quantities last. No rainchecks.
SHOPPERS DRUG MART

metro HOME
Your essential daily news

Living Light Sessions: Philips teams with musicians to showcase its Hue range of smart lights

Packing up your life and starting over doesn't have to be a daunting task. Websites and apps like Krrb and Fountain connect you with those who can help. ISTOCK

Home setup just a click away

TECHNOLOGY

These online resources take hassle out of moving, decor

In a connected world, nesting's a lot easier than it used to be. There are apps and websites that streamline many aspects of setting up and dismantling a home.

Whether you're trying to get rid of old stuff, buy new stuff, move stuff or find ways to use your stuff, chances are there's an app (or at least a website) for that.

Note: Some of the services are currently available only in the U.S.

Move it

There was a time when moving out of an old place and into a new one was a daunting logistical challenge, especially for the unorganized or inexperienced.

How do you find a reliable moving company? What do you need to know to prepare and execute a successful move?

Unpakt.com lets you compare more than 600 pre-screened, licensed, local or interstate moving firms, read credentials and reviews, and book online. Plug in the size of your home, the date you want to move, locations, and any additional needs like storage or extra drop-off stops. You can live-chat with an adviser. There's info and an app for setting up your moving timeline and making an inventory. (unpakt.com)

Move Advisor also helps with an inventory, and calculates how many boxes and furniture blankets you're likely to need, as well as estimating the requisite moving capacity of any truck you're thinking of renting for a DIY move. If you decide to go with pros, you can email your inventory directly to them. An online timeline tracks your to-do list. (moveadvisor.com)

Lose it

For those who want to sell off belongings with minimum inconvenience, Krrb (pronounced "curb") is a classifieds site designed for local and in-person commerce. The company's mission is to highlight "what's right next door, not a billion anonymous results," in order to save time, money and the need for packing, shipping and returns. Users can buy and sell second-hand items, local goods and more. You can join Krrb and set up your "corner shop" for free, but publishing a listing costs one "credit," which you can buy or earn by doing things like filling out a profile or reviewing the Krrb iPhone app. (krrb.com)

New York-based AptDeco.com was founded by Kalam Dennis and Reham Fagiri as an alternative to Craigslist after they learned that 10.8 million tons of furniture go to landfills each year. They hoped to make it easier to unload unwanted furnishings or find something new. Want to sell that old dresser you got from your uncle? AptDeco provides pricing advice, promotion, picks up the item, and handles the financial transaction. (aptdeco.com)

Decorate it

You could ask your style-savvy best friend for decorating advice, but wouldn't it be nice if a pro was available? Well, for a relatively small fee you can tap into an online brain trust of hundreds of design professionals.

West Elm offers free help with things like designing and measuring a floor plan, decorating, and choosing paint and fabrics. For a fee, they've got pros who can come help with everything from wall-mounting a TV to painting a room to hanging shelves, art and curtains. (westelm.com)

Home decor items curated by a stylist for U.S. clientele who join The Swatch Box. The batik pillow, below, is a popular item on the home styling site. THE SWATCH BOX VIA THE ASSOCIATED PRESS

Laurel & Wolf, a Los Angeles online interior design marketplace, connects people with interior designers. Upload some photos and answer questions about your space, budget, lifestyle and taste, and you'll receive "First Looks" from several interior designers. You review the ideas and select one designer with whom to work. They send you back a style board, furniture plan, instructions and shopping list.

Kimberly Valente, one of Laurel & Wolf's design partners, recently helped a Santa Monica couple who were moving in together and didn't like each other's stuff. They agreed they wanted a beachy, casual vibe. Valente suggested some kitchen backsplash and counter upgrades as well as new lighting, and a soothing palette of ocean blue and sand. (laurelandwolf.com)

The Fountain app connects you to interior decorators, handymen, gardening experts and tech folks. You can talk over your project by video-chat, and the experts can sketch out ideas on your posted images. (fountain.com)

If you're a member at The Swatch Box, you complete a style-preference survey and get matched with a stylist, who curates a quarterly collection of items for your space and sends them to you — throws, pillows, bedding and entertaining items, for instance. You keep what you want and send back the rest. (theswatchbox.com)

THE ASSOCIATED PRESS

GRAND OPENING THIS WEEKEND

ZINC DEVELOPMENTS

- EST 1989 -

35

WABASH

SATURDAY, NOVEMBER 21ST

PRESENTATION CENTRE LOCATED AT 173 RONCESVALLES AVENUE

FLATS STARTING FROM THE **$400'S**

TWO STOREY TOWNS STARTING FROM THE **$600'S**

PRESENTATION CENTRE HOURS:

MONDAY – WEDNESDAY 12:00PM TO 6:00PM
THURSDAY 12:00PM TO 7:00PM
FRIDAY – CLOSED
SATURDAY – SUNDAY 12:00PM TO 5:00PM

Smart location Smart thinking!

Condos next door to the University of Ontario Institute of Technology / Durham College campus

UNIVERSITY STUDIOS

Coming Early 2016

take advantage of the massive demand for high quality housing beside campus

- 3 year Vendor Leaseback
- Innovatively designed fully furnished SmartStudios™
- Fully-managed hands-off real estate property
- Income generating asset with positive cash flow

SmartStudios™ Breakthrough Price from $149,990

make a smart move and register now

UniversityStudios.ca

VARSITY PROPERTIES | CODIUM DEVELOPMENTS | Building Capital | MILLORNE Millborne Real Estate Inc. | WALLMAN ARCHITECTS

Pricing and specifications subject to change without notice. E&OE

Panoramic views in Bayview Village

Project overview

Surrounded by acres of ravine and parkland, and just steps from the subway, Tridel's new Scala condominiums places you at the centre of Bayview Village living. Expansive terrace retreats embrace the outdoors, providing a private refuge and panoramic views of Bayview's beauty.

Building amenities

Residents will enjoy a party room with bar and kitchen, a server kitchen, dining room and theatre. There's a fitness centre with spin studio, a yoga studio, indoor swimming pool, steam rooms, whirlpool sauna and an outdoor sundeck.

Location and transit

Nestled next to the East Don Parkland and Betty Sutherland Trail, the building resides in proximity to several TTC stations including Bayview, Bessarion, Leslie and Don Mills. Nearby is the Oriole GO station. Motorists are close to the 401 and 404 highways.

In the neighbourhood

Bayview Village is home to many of Toronto's best schools, restaurants and shopping choices, including the Shopping Centre, Fairview Mall and Ikea North York, as well as the York General Hospital. INFORMATION WAS ACCURATE AT TIME OF PUBLISHING.

CONTRIBUTED

EVERYTHING YOU NEED TO KNOW

What: Scala
Builder: Tridel
Architect: Wallman Architects
Interiors: Union31
Location: Leslie Avenue north of Sheppard Avenue East
Building: An 18-storey building with 536 suites
Sizes: Scala Suites: 482 to 1,475 sq. ft. Signature Collection: 1,026 to 1,991 sq. ft.
Pricing: Scala Suites: starting from the $300s. Signature Collection: the mid-$700s to more than $1.5M
Suites: Scala Suites: one bedroom up to two bedrooms plus den. Signature Collection: two bedrooms up to three bedrooms plus den.
Status: Registration, pre-construction phase
Occupancy: Fall of 2019
Sales centre: 4800 Dufferin St. in North York
Hours: Monday to Friday, 11 a.m. to 7 p.m. Weekends and holidays, 12 to 6 p.m.
Phone: 416-730-0300
Website: tridel.com
Email: scala@tridel.com

LEGAL MATTERS

Buying and selling a home the same day a risky move

Jeffrey Cowan
For Metro Canada

Q: We recently purchased a new larger home for our expanding family and are in the process of selling our present home at the same time. We wanted to do it all in the same day, which our realtor says is fine, but when we called our lawyer, she attempted to discourage us because it might jeopardize the purchase. What does she mean by this?

A: Basically, you are requiring that two distinct transactions be completed on the same day. The problem with that is that the first part of the day — the sale of your home from which you will be using the proceeds to purchase your new home — is entirely guided by the purchaser of your old home and their mortgage financing. If your purchaser doesn't get their funds from the bank until the afternoon, your lawyer may not have time to close the sale and then turn around and use those funds to buy your new home. To further complicate matters, you will have to move that day (which is a stressful event to begin with) and keys for your new home will not be released until the vendor's lawyer has your money. I have had clients waiting for keys while hourly-paid movers are sitting waiting with a truck full of their belongings.

A much less stressful and smooth process is to purchase the new home a few days before the sale of your home using bridge financing from your bank, move into your new home and then close on your old home's sale. The proceeds will be used to pay back the bridge financing and you will have landed in your new larger home with a few less grey hairs.

SUPERB CITY LIVING IN SCARBOROUGH: OPEN NOW & COMING SOON

mattamyHOMES AT Heron PARK

OWN A 3-BEDROOM TOWNHOME FOR JUST $1298/MONTH*

SCARBOROUGH

Townhomes
From $399,990

NOW OPEN: URBAN TOWNS & 3-STOREY TOWNHOMES

SALES CENTRE 280 Manse Road

UPPER mattamyHOMES SUMMERSIDE

COMING SOON: 3 NEW TOWNHOME DESIGNS

Choose from a variety of Townhome Designs in this inviting and established, family-friendly neighbourhood. Shopping, Dining, Entertainment, Recreation and all forms of public transit are just minutes from your front door.

SCARBOROUGH

3 Styles of Townhomes

FOR MORE INFORMATION ON OUR COMMUNITIES REGISTER AT **MATTAMYHOMES.COM**

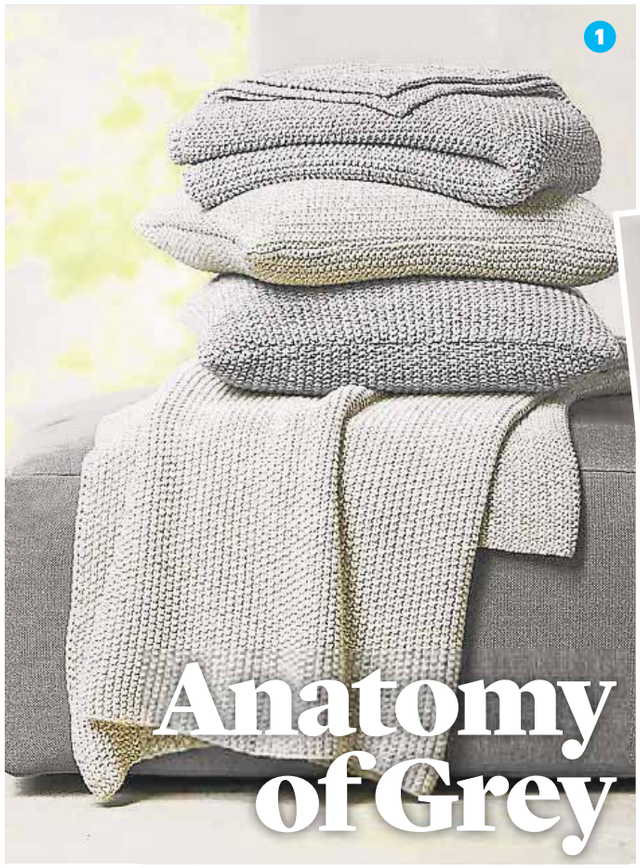
FOLLOW US:

SALES CENTRE HOURS: Monday - Thursday 1pm-8pm; Friday 1pm-6pm; Saturday, Sunday and Holidays 11am-6pm

All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E.&O.E.
*Price per month is for principal and interest and is based on 20% down, 30 year amortization period, RBC's 5 year variable mortgage at 2.7%

BILD BUILDING A GREATER GTA Building Industry and Land Development Association

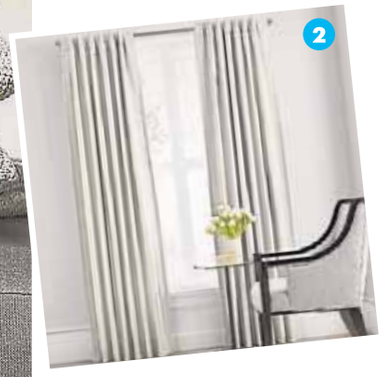
TARION 2007 Builder of the Year



Anatomy of Grey

We've seen the colour grey take over the fashion and decor world and it has no signs of stopping in 2016. Look for softer versions in popular home accessories for the coming year.

Karl Lohnes
For Metro Canada



1 Fisherman Knit Cushions and Throws
Tone on tone is the way to use the year's favourite neutral. From $30, Simons.ca

2 Barbara Barry Modern Drape Rod Window Panel, Silver
Pre-made and stylish curtains with crisp, clean lines help to soften windows. From $80, BedBathAndBeyond.ca

3 Sheridan Grey Kitchen Island
Movable and expandable — there's no excuse not to have a kitchen party this Christmas. $1,000, CrateAndBarrel.ca

4 Grey Owl OC-52
The perfect neutral colour for those old coloured walls. BenjaminMoore.ca

5 Verismo Silver 600 Brewer
Create your favourite Starbucks beverages with just the touch of a button — and from your own kitchen. $149, Starbucks.ca

6 Portrait Rubix Ottoman
James Culleton's furniture creation is patterned with the faces of the everyday man. Proceeds raised go to the Michaëlle Jean Foundation. $179, EQ3.com

TIPS

Moving into a new home? Get some Apartment Therapy

You could be forgiven for thinking that Apartment Therapy isn't exactly beginner-friendly. For as warm and inviting as the popular site is, it pretty much invented the genre of house porn. Each featured space is more gorgeous than the next, right down to the perfectly curated clutter and suspiciously well-groomed dogs.

That said, founder and "apartment therapist" Maxwell Ryan firmly believes that you don't need a master's degree in interior design to create a beautiful, inspiring space of your own. His latest book, Apartment Therapy: Complete + Happy Home, starts at the very, very beginning — before you've signed a lease or written a down payment check, when hanging that gallery wall is the absolute least of your concerns.

Want to go home to one of the swoon-worthy abodes featured in the book's second section? Start by taking Ryan's first-stage tips.

THE FIRST 24 HOURS
Take it easy the night of the move — but the one thing you should attend to ASAP? The smoke alarm. Check the batteries before you even put sheets on the bed.

First night in a new place: Forget breaking out the cookware — splurge a little and order in to celebrate, says Apartment Therapy site founder Maxwell Ryan. ISTOCK

1. Shop discerningly
Before you sign anything, pay close attention to the big picture, not simply the space itself. A big red flag for renters? When the apartment looks nice, but the building's common areas are in disrepair. "This can mean that only the cosmetics of the space are being kept up, but the maintenance of what you can't see might be lacking and potentially cause problems," says Ryan. If you're buying, take a good, long look at both the block and the area. "Think about the health of the surrounding neighborhood, not just the piece of property you are considering," he cautions. "How do the homes around the home you might buy look? Are there more than one or two for sale? Are the businesses close by ones that you would consider using? Do they seem like they are thriving?"

2. Move smart
Moving should be exciting, not panic-attack-inducing. To cut down on the stress, plan ahead, and plan for the worst. "Take an extra day or two off from work right around moving day," suggests Ryan. "Last-minute packing will be less stressful, and running errands for the things that you end up needing for the new place — that always crop up, no matter what — will be much more enjoyable when you aren't rushed or exhausted after a day at work."

3. Decorate slowly
Although moving is a great opportunity to explore your personal style and create a beautiful living space, don't rush anything. "You want to take your time and shop thoughtfully," says Ryan. "It's always best to live in a place for a bit before making any major design decisions or purchases so you aren't tempted to start scooping up things impulsively that might not make you happy long-term." METRO U.S.

TIME WARP

Ryan's advice for furniture shoppers: "The style of a space and the style of your furniture and decor can be opposites," he says. "In fact, sometimes the push and pull between eras is exactly what makes an interior interesting and memorable. Modern furnishings in a room with vintage architectural details is fabulous, just as antique pieces can be in a streamlined, crisp, contemporary home."

PREVIEW OPENING EVENT

DATE:
SATURDAY NOVEMBER 28TH
& SUNDAY NOVEMBER 29TH
AT 12PM

PLACE:
Courtyard Marriott Markham,
7095 Woodbine Avenue

REGISTER TODAY FOR YOUR PREVIEW INVITATION!

THE**ROSEDALE**ON**BLOOR**.COM

LIMITED TIME
UP TO **$15,000** OFF*

$1,000 YORKVILLE SHOPPING SPREE WITH EVERY PURCHASE*

WEEKEND DRAW TO WIN A
$500 GIFT CERTIFICATE TO THE CANOPY HOTEL
BY HILTON**

CONDOS OVERLOOKING ROSEDALE FROM THE LOW $200'S*

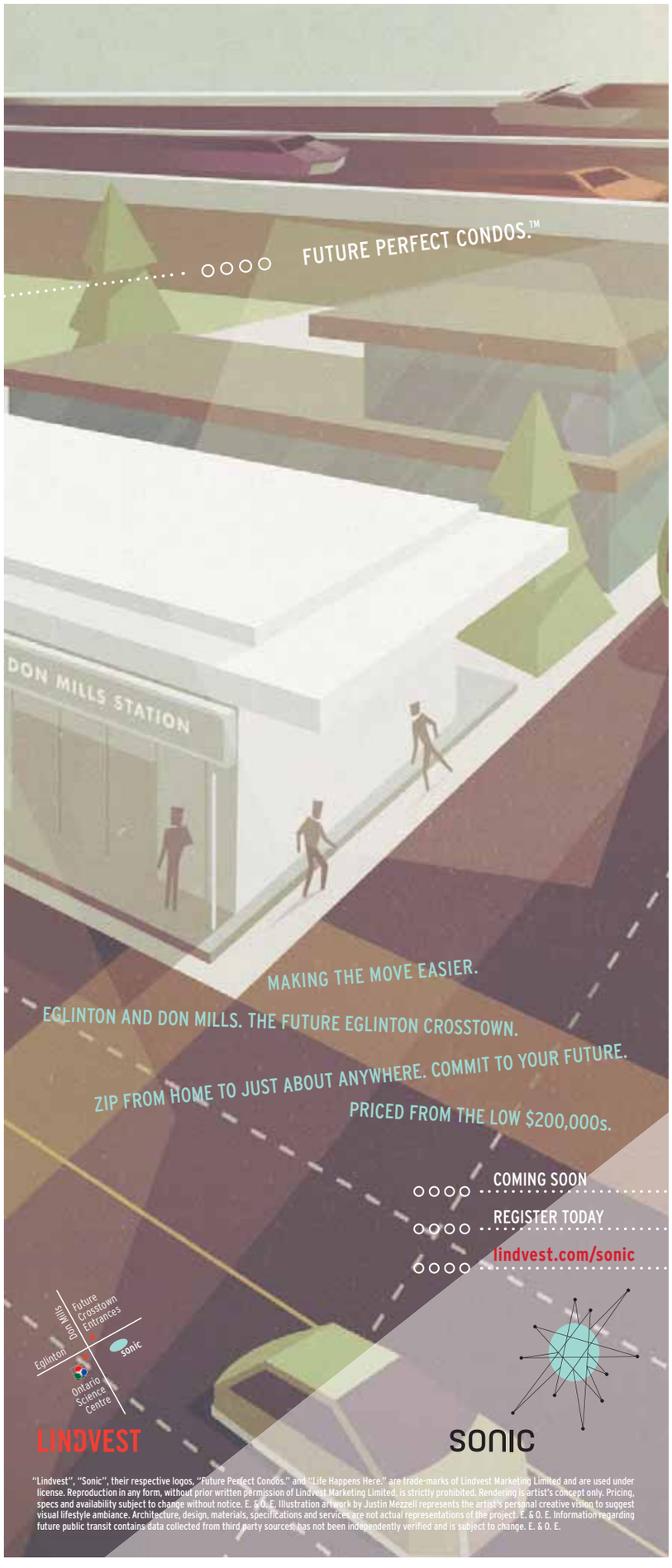
- Steps to the subway
- 5-minute walk to Yorkville
- Connected to a lifestyle hotel - Canopy by Hilton
- Rooftop Terrace with stunning city views

THE ROSEDALE ON BLOOR

THE GUPTA GROUP
A Steve Gupta Company

Baker Real Estate Incorporated

*Prices and specifications are subject to change without notice. $10,000 off 1 bed and 1bed+den suites. $15,000 off 2 bed suites and up. Conditions apply, see Sales Rep for details.
**Attendees will be entered into a draw for a $500 gift certificate to the Canopy by Hilton. One ticket per person. Subject to terms and conditions, see a Sales Rep for details. Rendering is artist's concept. E.&O.E.
Exclusive listing: Baker Real Estate Incorporated Brokerage. Brokers protected.


FUTURE PERFECT CONDOS.™
DON MILLS STATION
MAKING THE MOVE EASIER.
EGLINTON AND DON MILLS. THE FUTURE EGLINTON CROSSTOWN.
ZIP FROM HOME TO JUST ABOUT ANYWHERE. COMMIT TO YOUR FUTURE.
PRICED FROM THE LOW $200,000s.
COMING SOON
REGISTER TODAY
lindvest.com/sonic
Don Mills
Future Crosstown Entrances
Eglinton
sonic
Ontario Science Centre
LINDVEST
SONIC
"Lindvest", "Sonic", their respective logos, "Future Perfect Condos." and "Life Happens Here." are trade-marks of Lindvest Marketing Limited and are used under license. Reproduction in any form, without prior written permission of Lindvest Marketing Limited, is strictly prohibited. Rendering is artist's concept only. Pricing, specs and availability subject to change without notice. E. & O. E. Illustration artwork by Justin Mezzell represents the artist's personal creative vision to suggest visual lifestyle ambiance. Architecture, design, materials, specifications and services are not actual representations of the project. E. & O. E. Information regarding future public transit contains data collected from third party sources, has not been independently verified and is subject to change. E. & O. E.

Challenge in building affordable housing

Bryan Tuckey
For Metro Canada

These two terms, "affordable housing" and "housing affordability," mean different things and addressing the first can impact the second.

Affordable housing is housing for people in need including seniors, low-income workers, people with special needs and the homeless. It can include low-cost market housing as well as subsidized rental housing.

Housing affordability is the degree to which housing is attainable to anyone, at any income level.

We all recognize that the GTA is in need of affordable housing and that there are challenges in building more of it. One of them is the lack of government funding and incentives. Over the last few decades, delivering affordable housing has largely shifted to municipalities and social agencies, which have limited resources and turn to private developers.

At the same time, we know that it is becoming harder for many people in the GTA to find homes at prices they can afford. Currently the average price of a new single-detached home is more than $800,000 and the average price of a new condo is at least $400,000.

The GTA needs both more affordable housing and homes that people of all income levels can afford to purchase. We need to ensure that we increase the amount of affordable housing without impacting the affordability of housing for everyone.

Policies and programs that make housing more expensive for everyone should be avoided. When municipalities mandate the inclusion of a set number of affordable housing units within a market building or project, the cost to create them is spread across the other units and is ultimately paid by the other homebuyers.

So how can we make it happen without affecting the ability for people to still buy homes?

Municipalities can leverage the land that they own and include the cost of delivering affordable housing units in the asking price. Adding the cost of providing affordable housing units after the land is purchased can make the project unfeasible.

Other ways include municipalities working with the development industry to save time and money, especially when a project that includes affordable housing units is going through the planning process, and offering incentives to support the business case of the project.

Most importantly, the need for affordable housing cannot outweigh the need to ensure everyone in the GTA can afford to purchase a home.

$400K

Currently the average price of a new condo is at least $400,000.

BRYAN TUCKEY IS PRESIDENT AND CEO OF THE BUILDING INDUSTRY AND LAND DEVELOPMENT ASSOCIATION AND A LAND-USE PLANNER WHO HAS WORKED FOR MUNICIPAL, REGIONAL AND PROVINCIAL GOVERNMENTS. FOLLOW HIM ON TWITTER @BILDGTA, FACEBOOK.COM/BILDGTA, AND BILDBLOGS.CA.

REAL ESTATE

What's hot on the market

DUNCAN MCALLISTER

1 OLD TOWN

Now previewing: 158 Front Condominiums at Yonge and Front with a perfect 100 walk score. Check it out at 158 Front St. E.

CONTACT: 647-351-0158, 158FRONT.COM

2 LESLIEVILLE

Open house: Here's a custom four-bedroom home in Leslieville being shown this weekend. Head on over to 403 Woodfield Rd., on Nov. 21 and 22 from 2 to 5 p.m.

CONTACT: CAMERON WEIR OR SCOTT HANTON, 416-465-4545

3 MISSISSAUGA

Now open: The newest phase of Pinnacle Uptown is on sale: Amber Condominiums, located at Hurontario and Eglinton in Mississauga. Visit the presentation centre at 5044 Hurontario St.

CONTACT: 905-568-5000, PINNACLEUPTOWN.COM

CONTINUING EDUCATION

Seek help to find your school-life balance

Heavy course loads can be intimidating, especially for first-year students who may not be accustomed to them. That's why, says the manger of the University of Calgary's student success centre, seeking help to find a balance should be part of your transition to the demands of post-secondary academics.

"Lots of student go through periods where the workload feels overwhelming, but they don't even need to wait for a problem before seeking help," says Roxanne Ross. "Figuring out your study style or asking for time management tips is part of being actively engaged."

Post-secondary institutions, says Ross, have student success centres, which may offer workshops and employ professional advisors to help students sort through academic issues. However, she also advises speaking to professors and instructors if you have course content concerns.

"Office hours are for one-on-one interactions with your professor, so take advantage if you are falling behind because you don't understand something in the course," she says. "In extreme circumstances, it is also a good idea to talk to instructors about extensions. That's an important communication strategy."

One of the most crucial factors, says Ross, in managing your workload is creating a balance between time and study strategies. So, while there will be times when you have to study on weekends, some planning ahead can help you make it to that party on Saturday.

And, says Ross, while study groups are effective because they expose students to different problem solving skills as well as the ability to teach concepts, which can help to process academic material, she cautions against falling into the traps that come with creating study groups with friends.

SHUTTERSTOCK

Established in 1988, Centennial College's award-winning Centre of Entrepreneurship has incubated more than 3,600 new businesses. CONTRIBUTED

Centennial's Boot Camp an intense business bout

Boot camps are all about short, intensive and rigorous training. And that's exactly what owners of new or existing businesses will get at Centennial College's award-winning Centre of Entrepreneurship's (COE) new Business Boot Camp.

"The series of workshops is designed to help people in business who want to scale up their skills and business from the stage it may be at or want to fine tune what they are doing to make it more productive," says Rae Cowan, the COE's program coordinator.

"The goal is to lead business owners towards a realistic and sustainable business model using the lean canvas method."

The lean canvas promises an actionable and entrepreneur-focused business plan. It concentrates on problems, solutions, key metrics and competitive advantages that will get business owners more buy-in from their marketing, target customers that will most likely buy from them and sharpen their management skills to move their business forward. For those with a business idea, the lean canvas method will also build a solid foundation to start a business.

Facilitated by COE advisors, all of whom are also business owners, the Business Boot Camp recently wrapped its pilot run to, says Cowan, positive reviews from attendees.

"One person who filled out our questionnaire and said their business was floundering before attending the boot camp but the workshops helped them develop a sense of direction and how to clearly plan using the lean canvas method," Cowan says.

Facilitated over three consecutive Saturdays, the next series of Business Boot Camp workshops will be held on Jan. 30, Feb. 6 and 13, 2016, from 9 a.m. to 4 p.m. at the school's Progress Campus. Participants must sign up for all three sessions and tuition fee is $295, plus HST.

PAYROLL OFFICERS IN ONTARIO EARN UP TO $33/HR*!

Accounting and Payroll Administrator graduates will be eligible to enroll in the nationally recognized Canadian Payroll Association (CPA) Certified Payroll Management Program (CPMP) at the level of Payroll Compliance Practitioner (PCP).

CDI COLLEGE ALSO OFFERS PROGRAMS IN:

- BUSINESS ADMINISTRATION
- MEDICAL OFFICE ADMINISTRATOR
- NETWORK SYSTEMS ENGINEER
- PERSONAL SUPPORT WORKER
- AND MORE!

Financial assistance may be available to qualified applicants.

ASK ABOUT OUR EVENING CLASSES!

1.800.360.7186
STUDY.CDICOLLEGE.CA

CDI college
business · technology · healthcare

Education fit to a 'T'

York University's School of Continuing Studies is leading the way, says its founding executive director, in rethinking professional education to address a deficit in highly skilled workers with the professional competencies to work effectively in cross-functional teams that are the norm in today's organizations.

"The T-shaped professional is the solution to many employer hiring struggles," says Tracey Taylor-O'Reilly, on the concept that the vertical bar on the 'T' represents the depth of related skills and expertise in a single field and the horizontal bar is the ability to collaborate across disciplines with experts. "Our goal isn't just to position our graduates to get hired, but to be able to demonstrate that they have what it takes to do more and to get promoted."

Since its launch in January, the School of Continuing Studies has rolled out a range of programs — post-graduate certificates in business administration and accounting, a certificate in human resources management and a post-degree certificate in human resources management — to produce T-shaped professionals.

CONTRIBUTED

"The first part-time online certificate in human resources management program began this September and was so popular that we just scheduled another program starting this January," says Taylor-O'Reilly. "This is a critical element of our program design and is important for programs that serve people early to mid-career. In fact, we plan to announce more programs in 2016."

With university faculty members guiding program design and curriculum after consideration of data related to industry trends, employer and student needs, labour market forecasts and advisory council feedback, the T-shaped programs are being facilitated as cohorts. This means students start and progress at the same pace.

"There are many benefits to a cohort program, from deeper networking relationships to faster speed of program completion," says Taylor-O'Reilly. "It also allows us to introduce these professional skills such as presentation, business writing and project management skills, and layer in practice and feedback repeatedly throughout the courses and applied projects.

Continuing Education

Continue to Grow.

Register now for Winter 2016.
centennialcollege.ca/ce

CENTENNIAL COLLEGE

See where experience takes you.

Accessibility expanded

According to research by the School of Continuing Studies at the University of Toronto and Environics Analytics, the top reason survey respondents (42 per cent) gave for not pursing continuing studies courses is not having time. However, says the School's director of academic programs, there are many options that make obtaining an education attainable.

"People today need learning where and when it suits them, which is why we offer flexible, personalized learning plans," says Cindy Bettcher. "Our students choose from in-class, online and hybrid courses, and, with all three, can count on the same commitment to excellence in program content and expert instruction.

"The School is constantly expanding its courses and today offers more than 600 courses and 80 certificates in business and professional studies, arts and science, creative writing, and languages and translations," she says. "Currently, one in five courses are offered online and the School has tripled its hybrid course offerings since 2014. We make is easy for people to continue to learn."

CONTRIBUTED

While the online options are completed entirely at a distance, the majority of hybrid courses begin and end with in-class sessions, and also includes in-class sessions mid-term or at regular intervals to provide "check-in" points, says Bettcher.

For those who prefer a more traditional approach to education, the Continuing Studies School facilitates evening classes at all three University of Toronto campuses.

To ensure students choose the study format that will suit them best, Bettcher says each course and certificate program description is clearly written to identify the intended audience as well as the specific outcomes a successful learner will achieve. In-person support is also available.

Ryerson University | The Chang School of Continuing Education

For achievers like you.

Thinking of going back to school?
Come to our Open House tonight.

Thursday, November 19, 2015 | 4:30 p.m.–6:30 p.m.
380 Victoria Street, Toronto, ON
(entrance is at Gerrard Street; closest subway station is Dundas)

ryerson.ca/ce/openhouse

CONTRIBUTED

SHUTTERSTOCK

SHUTTERSTOCK

Humber grads connect to open business

After completing the majority of the Humber College immigration consultant certificate program online, as part of the curriculum Julia Salgueiro and Tara Lee had to attend a hearing at the immigration appeal division. This chance meeting sparked a friendship that resulted in the marketing manager and immigration assistant launching a business together.

"In summer 2013, we opened ConnectCA Business Immigration to advise investors, entrepreneurs and self-employed individuals on immigrating to Canada," says Salgueiro who, along with Lee, completed the program in 2012 and wrote the Consultants of Canada Regulatory Council licensing exam shortly after.

"We provide specialized services like legal representation for immigration with Citizenship Immigration Canada and customized services according to each client's needs."

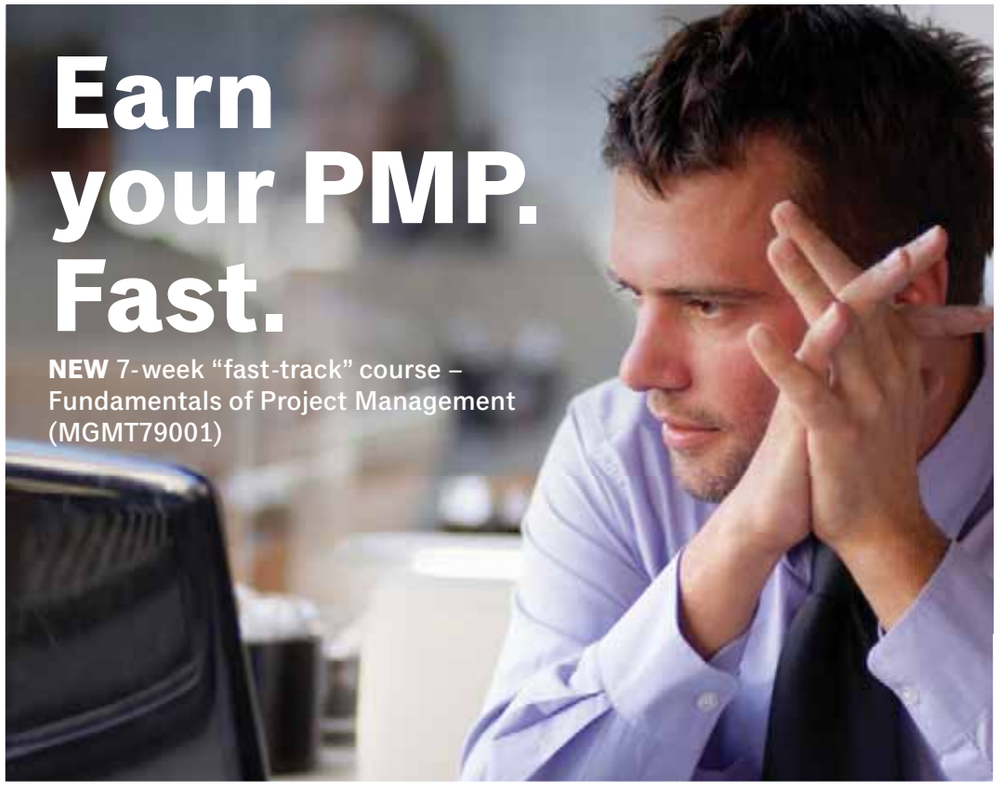
Thanks to Humber's offering, which consists of seven compulsory courses, the women gained essential knowledge in administrative tribunals, business planning for immigration, immigration and refugee law and procedures, legal research for immigration, professional conduct and workplace writing skills. They were also, says Lee, given the know-how to confidently pursue self-employment.

"One of the most beneficial aspect of the program for me was working on a business plan for one of the courses," says Lee. "It wasn't just, read the book, never use it and forget about it. It was very practical and made you think about the kind of person you are, the kind of business you would like to run and how to be your own manager."

The option to complete courses online or in-class, Lee says, allows for flexibility that makes program completion manageable. While for Salgueiro, who often flies overseas, online worked best, for Lee attending some classes on campus proved valuable.

"For some of the assignments we were put into groups and that prepared us for real life situations," says Lee.

Today, says Lee, as ConnectCA Business Immigration expands its services to include study and work permits, she and Salgueiro continue to network with their Humber peers who have ventured into different aspects of immigration consultation.



Distinguish yourself in the job market by earning a Project Management Certificate and preparing for a Project Management Professional (PMP®) designation.

Whether you're an experienced project manager facing new challenges – or a novice professional – this program can help you succeed in this fast-growing field.

Search "Sheridan Continuing" and connect with us!

STARTS JANUARY

Study online or on campus.

caps.sheridancollege.ca

Sheridan

Faculty of Continuing and Professional Studies

GEORGE BROWN KICKS OFF CAREER

Skills learned in fashion program

A passion for fashion, a gifted sewing machine and skills she fine-tuned while attending George Brown College's essentials skills in fashion certificate program all helped Ashley Alexis McFarlane launch a career that has already seen her designs grace the runway of this year's New York Fashion Week Africa.

"It was a beautiful platform," says McFarlane — whose clothing line Asikere Afana means, "sugar machete" in the Akan Twi language and pays homage to her Caribbean roots and ancestors who spoke several African dialects — of the experience. "It caused me to work my butt off and put out my best designs and now I'm building from that."

Having completed the George Brown continuing education program in 2014 while working as a violence prevention advocate, McFarlane says the undertaking, which covers the fundamental knowledge and skills needed in the fashion industry, offered her the building blocks and flexibility to succeed.

> ***YOU REALLY LEARN BASICS THAT YOU CAN BUILD ON AND THE INSTRUCTORS ALSO ALLOW YOU TO EXPLORE YOUR INTERESTS.***
> ***– Ashley Alexis McFarlane***

"You really learn basics that you can build on and the instructors also allow you to explore your interests," says McFarlane, who took the program over four years. "But just as important for me, like many other adult learners, is that you don't have to pay your tuition all at once. It makes education more attainable paying class by class."

With her hobby turning into a business as her learned new skills in her courses, McFarlane quickly went from creating for friends to selling her designs online. In 2011, she completed a two-week internship in Ghana, which resulted in lasting relationships that continue to come in handy as demand has skyrocketed since one of her dresses appeared on a popular blog this summer. While for years McFarlane has purchased fabric from the West African country, she now also employs artisans and seamstresses in Ghana through the principles of fair trade.

"I would say the prints I use are really popular in West Africa," she says, "and the silhouettes are 1970s, boho-inspired."

McFarlane, who has been invited to Africa fashion weeks in Dubai and Barcelona, is currently finishing her spring collection. She uses her fashions to support the Redwood Women's Shelter, a Toronto organization that helps women and children live free from domestic violence.

To see and purchase McFarlane's designs, visit asikereafana.com.

HOW THE COURSE IS DESIGNED

- The essential skills in the fashion certificate program consists of eight mandatory courses and two electives.
- Topics include industry practices, essential business considerations and practical operations.
- The program employs a hands-on approach to clothing construction that sees students work with industrial sewing machines, and receive technical training in pattern drafting, draping, fashion illustration, and colour and design.

CONTRIBUTED

Matt Humphreys CONTRIBUTED

UX designers play a role in improving our daily lives

From navigating cellphones and websites to using self-serve kiosks, user experience (UX) design — the process of enhancing user satisfaction — unknowingly plays an important role in our daily lives. And now students can learn the fundamentals of the field at George Brown College's user experience design certificate program.

"There wasn't a lot of programs like this offered at accredited colleges or universities in Toronto," says Matt Humphreys, who not only serves as the program lead but also developed the curriculum. "If someone has a passion for this type of work, the program will cement their knowledge and prepare them for the real world."

Facilitated at the college's St. James campus, the part-time program was launched in September and consists of five compulsory courses that cover advanced concepts of user experience design research and strategy that teach students to develop and map a user's journey and to create a simple, intuitive taxonomy and structure. Students also gain an understanding of the value of measurement and optimization, and develop the insight to make user-centric decisions.

"All of the assignments students complete are real deliverables that we would send to clients," says Humphreys. "They also receive mentorship from their instructors who are experts in the field. For example, one of our instructors is a director of user experience at an agency and another is the lead user experience designer at IBM Canada."

Matthew Smith, who currently works in project management and enrolled in the program after being put in charge of a software development project at his job, says not only are the instructors knowledgeable but also ensure lessons are realistic.

"A lot of what they teach is about the ins and outs of real user experience jobs. For example: expectations, roles on teams, etcetera," Smith says. "They also build your user experience design skills and your portfolio at the same time."

Among careers titles in the user design experience field are UX strategist, digital strategist, UX designer and interaction designer.

LEARNING THAT MAKES A DIFFERENCE

Meet Jessica, John, Faye, Sarah, Damien and Eliss – just a few of the people who have achieved success with the help of our Continuing Education courses. The skills, connections and confidence they gained made it possible for them to achieve their goals. Read their stories on our website, and see the difference you can make in your own life with George Brown College.

CHOOSE FROM EVENING, WEEKEND AND SOME DAYTIME COURSES IN

- Arts and Design
- Business and Legal Studies
- Communication and Languages
- Emergency Management
- Health Sciences and Community Services
- Hospitality and Culinary Arts
- Liberal Arts and Sciences
- Makeup and Esthetics
- Technology and Trades

Enjoy flexibility and convenience through our in-class, online and other distance learning options.

GEORGE BROWN COLLEGE School of Continuing Education

coned.georgebrown.ca

Register now for winter courses!

CONTRIBUTED

The path to a rewarding career

Are you looking for a meaningful job in a field where you can help people and feel valued for your skills? Medical office administration is a field where organized, detail-oriented individuals with social abilities can flourish.

Students in the Medical Office Administrator diploma program at CDI College will learn to develop the essential skills they need to work in a medical office environment, including Microsoft Office.

They'll also develop and practice their general business abilities and comprehensive medical office skills. Basic business skills are important too, and students in the CDI College Medical Office Administrator program will examine the necessities required for operating a smooth and efficient environment.

After your diploma program at CDI College, your skill set will position you perfectly to launch you into an exciting new career in health care.

Graduates of CDI College's Medical Office Administrator program have gotten jobs as diverse as Medical Office Receptionist, Medical File Clerk, Ward Clerk, Medical Transcriptionist and many more.

Where you work is up to you. A medical office administrator plays an important role in many medical contexts, including medical clinics, specialists' offices, insurance companies, acute care wards, and more.

Your new designation will give you the freedom to choose the position that's right for you.

For more information, visit CDI College Business Technology Healthcare online at study.cdicollege.ca, or call 1-800-360-7186.

Post-Graduate Certificate in Business Administration

Become a leader in today's business world.

Develop a strong knowledge of business administration *and* the leadership competencies that top executives from major Canadian organizations look for when they hire and promote.

School of Continuing Studies
yorku.ca/continue

YORK U
UNIVERSITÉ
UNIVERSITY

Charity sector booming

The holiday season is a time when many think of making charitable donations to one of Canada's approximately 85,000 charities and 100,000 non-profit organizations. These and other non-profit and charitable organizations that address philanthropic issues need skilled fundraisers more than ever, says the dean of the G. Raymond Chang School of Continuing Education at Ryerson University.

"In the next 10 years, we expect to see continued job growth within the charitable sector," says Dr. Marie Bountrogianni.

CONTRIBUTED

The Chang School addresses this need by offering a certificate in fundraising management. A leading program in the field, it is geared towards aspiring fundraising professionals, those currently in management who want to expand their fundraising skills, and anyone in focused areas like special events or planned giving, or in a more general fundraising or charitable sector management position.

"I'm proud to say the program's success and popularity is based on the curriculum that reflects the most current trends and realities in the non-profit sector, our experienced fundraising professional who teach the courses, practical and relevant course materials reflecting the scope of work undertaken by fundraising professionals and charitable sector managers, and the fact that it provides excellent opportunities to network with other professionals," says Bountrogianni.

While the Chang School has facilitated the offering since the mid-1990s, Bountrogianni says the curriculum is continuously revised. The six-course program covers all critical aspects of fundraising, from the initial stages of research and planning through to implementation and evaluation, and is taught by seasoned experts, Bountrogianni says.

While fundraising management can be completed at Ryerson's downtown campus, it is also one of 22 certificate programs students can take entirely online. Other online certificates that relate to this sector include business management, nonprofit and voluntary sector management, project management and public relations.

SMART CAREER MOVE

"Thanks to the knowledgeable instructors, the School helped me achieve success in my career in Canada."

UNIVERSITY OF TORONTO
SCHOOL OF CONTINUING STUDIES

Register now!
→ **learn.utoronto.ca**

From workplace communication to project management to digital marketing, choose from hundreds of courses and certificate programs. Courses start in January.

Leo Gomes
Senior Internal Auditor Professional
Business & Professional Studies student

Downtown Toronto | Mississauga | Scarborough | Online **416.978.2400**

Sheridan a growing choice for project management training

College combines real-life situations with academic learning

When Trevor Austin, a senior management professional with 18 years of experience as a strategic leader, thought the organization for which he worked would benefit from starting to properly managing projects, he turned to Sheridan College for formal project management training.

"The program offers a solid mix of textbook work combined with real life context," Austin, who is now the director of operations at Flanagan Foodservice, the largest Canadian owned, independent food service distributor in the country, says of Sheridan's project management certificate. "The online program is structured in such a way that from day one you're learning the concepts, their history and their application and then putting them to practical use."

Designed to meet the professional development needs of experienced project managers and novice professionals new to project management, the offering, which can also be completed through evening classes, covers key areas of project management such as human resources, communication, time integration, cost, quality and risk procurement.

"The instructors were highly knowledgeable subject matter experts with real life work experience," says Austin. "They were able to bring the concepts and material to life with examples and practical applications that a wide range of individuals would benefit from."

Despite taking the offering online, Austin says Sheridan's program design still allows for a mix of independent study and group work that uses skills that are completely transferable to the real world.

"You get to use computer techniques that are needed in today's multi-diverse communication networks," he says. "For example, there were segments of a project that were done completely through online discussion and document sharing that mirrored the working structure on an international organization where the project members were in different offices, in different countries."

About six months after completing the program, which also sees graduates earn Professional Development Units towards certifications from the professional organization Project Management Institute, Austin says he has no doubt Sheridan played a factor in advancing his career.

"The skills and experience gained from the practical study and course application allowed me to expand my 'toolbox' and apply my industry experience at an elevated level," he says.

Trevor Austin CONTRIBUTED

metro SPORTS
Your essential daily news

The Houston Rockets fired head coach Kevin McHale after the team started the season 4-7

Leafs' effort paying dividends

THE HOCKEY NEWS
Adam Proteau
FOR METRO

Having won four of their past five games — and with three winnable games to come this week — the Maple Leafs have quietly re-entered the fringes of the playoff race. If that sounds beyond the realm of comprehension, you need to reconsider how the NHL works these days.

Parity and the salary cap era means that well-coached, unified teams can defy expectations, and after a stumbling start to the year, the Leafs are now a well-coached, unified group. Now it's about consistency, which will be an even bigger challenge.

That said, it really is all about expectations, isn't it? Leafs management aptly managed its collective message in the off-season — that message being, "this will take time to fix" — and Toronto fans have adjusted accordingly. In contrast to places such as Montreal and Chicago, the average crowd at the Air Canada Centre is nowhere near as expectant of a winning team night in and night out. That the outside world has set the bar low for the Buds is probably another reason Mike Babcock's charges have come together.

James Reimer, who made 34 saves in the Maple Leafs' 5-1 win over the Avalanche on Tuesday night, may not be the poster child of technique between the pipes but he's getting the job done. NATHAN DENETTE/THE CANADIAN PRESS

But come together, they have. Indeed, the current group of Leafs — a mishmash of capable-if-unspectacular veterans (Daniel Winnik, Matt Hunwick), youngsters trying to assert themselves as elite NHLers (Morgan Rielly, Nazem Kadri) and high-priced stars (Dion Phaneuf, Joffrey Lupul) who likely won't be around when Toronto is an elite team — are a confident group right now. That's true for a few key reasons.

First of all, goalie James Reimer isn't the most aesthetically pleasing netminder in terms of technique, but he's shown teammates he'll keep on battling even after surrendering a bad goal. Secondly, Leafs players see Babcock's system making a difference. He is a supremely self-assured coach who likes challenging his players in a positive manner, and players who've been here long enough realize he's having success where Ron Wilson, Randy Carlyle and Peter Horachek failed miserably. In a very short span, he's earned their respect.

> **That the outside world has set the bar low for the Buds is probably another reason Mike Babcock's charges have come together.**

Finally, the Leafs seem to understand what many have known about Toronto sports fans for years: it doesn't matter if you're the most talented team on the playing surface — so long as fans see a full effort being put forward, they'll respond positively. And, since November began, that effort has always been visible.

The Leafs' current mini-run of victories is nice, but many will be surprised if it lasts. But if the Buds can maintain their work ethic, the next few months, as the rebuild continues, may not be nearly as agonizingly painful as many projected.

NHL NOTES

New look for all-star game

Anyone watching the NHL all-star game in recent years knew it was broken, so the league and players are trying something different to fix it.

A 3-on-3 tournament featuring teams from the four divisions will replace the traditional game at the 2016 NHL all-star weekend in Nashville in late January.

The change drew positive reviews around the league based largely on how unpopular the old format was.

All-star teams from the Atlantic and Metropolitan Divisions and the Central and Pacific Divisions will play 20 minutes with the Eastern and Western Conference champions facing off after. THE CANADIAN PRESS

Olmstead dead at 89

Bert Olmstead, a Hall of Fame playmaker who won five Stanley Cups, has died at the age of 89.

Bert Olmstead THE CANADIAN PRESS

Olmstead died Monday in Alberta.

A tough winger, he played 848 games for the Montreal Canadiens, Chicago Blackhawks and Toronto Maple Leafs between 1948 and 1962.

He won four Cups with Montreal (1953 and 1956 to 1958) and a fifth with Toronto in 1962.

THE CANADIAN PRESS

Parenteau inspired by coach's confidence

Pierre-Alexandre Parenteau insisted he took no special joy in scoring twice against the Colorado Avalanche on Tuesday night.

The Avalanche dealt Parenteau to Montreal two summers ago for Daniel Briere. After the Canadiens bought him out, the winger signed on with the Toronto Maple Leafs and has gradually improved this season.

> **Now things are clicking a little more, and it's nice to see. It's up to me to keep it going.**
> Pierre-Alexandre Parenteau

Parenteau said it was nice to score against one of his former teams, but he hinted that previous coaches Patrick Roy and Michel Therrien never believed in him as much as Mike Babcock.

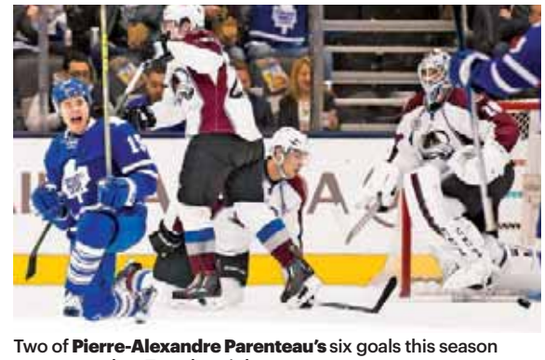
"I took a lot of blame for last year when I didn't play really well, but I feel a lot of confidence this year," Parenteau said after scoring two power-play goals in the Leafs' 5-1 victory over Colorado. "I feel like I have the confidence of the coach, which is a big thing for a player, too. I feel like he wants me out there. That helps my game. That's how it is."

Parenteau now has six goals in his first 19 games for Toronto. He had nine in 56 games last season with the Canadiens.

The 32-year-old who is on a $1.5-million US, one-year deal after making $4 million in each of the previous four seasons, is eager to show he can still produce. He believes injuries derailed his time in Colorado and didn't want to throw Roy under the bus for anything.

"I'm looking ahead now, and I want to help this team to win hockey games. It's my only goal right now," Parenteau said.

THE CANADIAN PRESS



Two of **Pierre-Alexandre Parenteau's** six goals this season were scored on Tuesday night. NATHAN DENETTE/THE CANADIAN PRESS

NBA TORONTO RAPTORS HOPING TO PLAY RIGHT TUNE DURING VISIT TO JAZZ
Gordon Hayward, right, of the Utah Jazz drives to the basket being watched by Raptors' DeMar DeRozan during the game at EnergySolutions Arena in Salt Lake City. For the result of this game go to metronews.ca. MELISSA MAJCHRZAK/NBAE VIA GETTY IMAGES

MLB IN BRIEF

Cy Young awards go to Keuchel and Arrieta

Houston Astros lefty Dallas Keuchel beat out Toronto Blue Jays ace David Price for the AL Cy Young Award on Wednesday, while Jake Arrieta of the Chicago Cubs topped Dodgers stars Zack Greinke and Clayton Kershaw for the NL honour.

Keuchel got 22 first-place votes from the Baseball Writers' Association of America for 186 points. David Price drew eight first-place votes and 143 points for his split season with Detroit and Toronto and Oakland's Sonny Gray finished third.

Keuchel led the AL in wins, going 20-8 and helping Houston reach the playoffs for the first time since 2005. Arrieta got 17 first-place votes for 169 points. Greinke drew 10 first-place votes and had 147 points. THE ASSOCIATED PRESS

Jays' Travis out for up to 20 weeks after surgery

Blue Jays' second baseman Devon Travis has had surgery on his left shoulder and will be out 16 to 20 weeks.

The Jays said in a release that Travis had successful surgery Tuesday to treat a condition known as an os acromiale. The procedure included inserting screws to stabilize the extra bone in his shoulder. THE CANADIAN PRESS

Donaldson's day of reckoning

MLB

Blue Jays third baseman faces off with Trout for MVP award

The chants started early in the season and by June it was a full chorus. As Josh Donaldson stepped to the plate, the call rang out: "MVP! MVP! MVP!"

By Thursday evening we will learn whether those cheers were in vain as Major League Baseball concludes its awards week by announcing the most coveted individual prize. Donaldson, the Jays' dynamic third baseman who put together arguably the greatest season by a position player in club history, is hoping to join George Bell — the franchise's only other MVP winner.

Although the choice may be clear to partisan fans, the contest figures to be a close one between Donaldson and Mike Trout, the L.A. Angels' generational talent who won last season and has yet to finish worse than runner-up since making his big-league debut in 2012.

The award is decided by 30 members of the Baseball Writers' Association of America. Here's a look at the respective cases for this year's front-runners.

THE CASE FOR DONALDSON

To make a case that Donaldson was better than Trout you have to look beyond his on-paper performance. Trout bests him in nearly every meaningful offensive category, at face value.

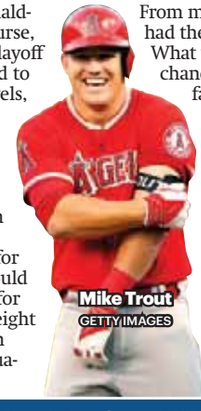
The two statistics where Donaldson has the edge — runs scored and batted in — are as much a testament to his teammates (who drove him home and got themselves on base) as they are for him. But if you are a voter who believes making the playoffs matters here, then you'll favour Donaldson, whose Jays, of course, ended their 21-year playoff drought and advanced to the ALCS. Trout's Angels, meanwhile, led their division at the all-star break but ultimately fell short of even a wild-card spot. A vote for Donaldson could also be a vote for giving greater weight to performance in high-leverage situations. He led the majors in walk-off home runs and walk-off hits this season, while 28 of his 41 homers either tied the game or gave the Jays the lead (compared to 24 of Trout's 41).

THE CASE FOR TROUT

He hit for a higher average, on-base percentage and slugging percentage; he stole more bases; he defended a tougher position in centre field and did it at an elite level; he hit the same number of homers and trails Donaldson only in runs and RBIs; he leads Donaldson in Wins Above Replacement, no matter which version you use. In both sabermetric stats and back-of-the-baseball-card numbers, Trout comes out on top in almost all categories.

From most angles, Trout had the better season. What will hurt Trout's chances are the same factors that will help Donaldson: namely that he played for a third-place team that didn't make the post-season. Some voters may also be turned off by his higher strikeout rate. TORSTAR NEWS SERVICE

Josh Donaldson
GETTY IMAGES


Mike Trout
GETTY IMAGES

metro Service Directory To advertise contact Ian March at 416-443-4388

PSYCHIC

Om Sri Sai Astrological Center
Pandit: SIDDHANANDA JI
Most Powerful Astrologer
Solves Problems like Health, Job, Love, Relationship, Depression, Business, Children, Family, Education, Money etc
HONEST ADVISE * MOST EFFECTIVE
PROVEN RESULTS * PERFECT GUIDENCE
Private & Confidential
Call for Appointment
Expert in Removing Black Magic, Jadoo, Vodoo, Witchcraft, Juju, Evil Spells & Gives 100% Full Lifelong Protection
647-825-7782, 647-926-3623
5 Brisdale Drive, Unit 207, Brampton, ON L7A 0S9(BOVAIRD & BRISDALE)

World Spiritual Astrologer & Psychic
Master: HARI KRISHNA 9th GENERATION PSYCHIC
NOBODY CAN BREAK MY PROTECTION, ITS MY CHALLENGE
Tells Past, Present & Future.
Health, Happiness, Love,Work
Family, Husband-Wife,Children
Jealousy, Money, Court, Sexual
Enemy, Lottery & Good Luck etc
SPECIAL: I WILL REJOIN LOVERS IN 9 DAYS
REMOVES BLACK MAGIC, JADOO, WITCHCRAFT, EVIL SPIRITS & PROVIDES LIFELONG PROTECTION
647-299-7352
416-276-6233
2519 Finch Ave W, North York M9M 2G1 (FINCH & MILVAN)
Major Intersection - FINCH & WESTON

World Spiritual Astrologer & Psychic
Pandit: SAI GURU
I AM BORN TO SERVE PEOPLE
If you have any Problems, Meet me once & Get 1001% Immediate Permanent Solutions
1001% GUARANTEE
Love, Husband-Wife Relationship, Marriage, Court, Teenage Issues, Job, Money, Personal Matters Etc
Master Removes Black Magic, Jadoo, Vodoo,Tona, Obeya, Witchcraft & Gives 100% Lifelong Protection
Call: 647.719.1916
2895 Derry Rd East, Mississauga L4T 1B5 (AIRPOTRT & DERRY)

World Famous Astrologer & Psychic
Pandit: RAVI SHASTRI in Victoria & Danforth
ALL RELIGIONS WELCOMED
Tells Past, Present & Future.
He can Handle any Problem:
Depression, Family, Husband-Wife, Love, Kids, Jealousy, Health, Money, Court, Enemy etc
REMOVES BLACK MAGIC, JADOO, VODOO, OBEYA & GIVES 100% PROTECTION
BRINGS LOVED ONES BACK 1 FREE QUESTION
647-969-7846
2962 Danforth Ave, #2, TorontoNearby METRO 24hrs (Victoria & Danforth)
2131 Jane Street,#104, Toronto, Upstairs Jagadish Textiles (JANE & STREET)

INTERNATIONAL ASTROLOGER & PSYCHIC
Pandit: JAYRAM JI
Master Removes BLACK MAGIC Jadoo, Vodoo Tona Obeya Witchcraft & Gives 100% Lifelong Protection
I CAN HANDLE ANY KIND OF PROBLEM
BEST SOLUTIONS FOR YOUR BEST FUTURE
*Love Husband-Wife *Relationship *Marriage *Court *Teenage issues
*Job *Money *Health *Jealousy *Lucky *Number *Enemy *Depression
*Promotion *Business *Sexual *Personal Matters
Cell: 647-739-0466
1221 Markham rd, Scarborough (MARKHAM & ELLESMERE)
100% Satisfaction Guaranteed

ITS MY CHALLENGE,NOBODY CAN BREAK MY WORK
MISSISSAUGA ASTROLOGER
MASTER: YOGI
Removes Any kind of Black Magic in 24 HOURS
Solutions: Jadoo, Voodoo, Obeya & Gives solutions for Family, Depression, Kids, Money,Job etc
HE CAN CLEAR ANY PROBLEM
647-768-7633
105 A Dundas St. E, Mississauga (Hwy 10 & Dundas), Next to DOLLARAMA

FINANCIAL

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154
MORTGAGE GENIE
www.mortgagegenie.org
416-667-9834

FINANCIAL

OVERWHELMED BY DEBT?
CALL THE Licensed Debt Professionals™
GET OUT OF DEBT!
- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, CPA, CA, CIRP, Trustee

FREE Consultation 310-9200
(NO AREA CODE NEEDED)
DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy
HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON
www.DavidSklar.com

TOO MANY BILLS...
...GET A FRESH START!

Bankruptcy • Proposals
Debt Counselling
416-740-5400
Toronto • Rexdale
Etobicoke • North York
Don Mills • Bloor West
Scarborough
KEVIN THATCHER & ASSOCIATES LTD.
TRUSTEE IN BANKRUPTCY
905-273-6300 Mississauga • Brampton
1-888-329-5198 www.billfixer.com
FREE CONSULTATIONS
EVENING APPOINTMENTS
FLEXIBLE PAYMENTS
Head Office: Rexdale, others non-resident

WANT YOUR
DEBT GONE?
WELKERANDCOMPANY.COM
WE'RE HERE TO HELP
✓ Erase your debt ✓ Stop collection calls ✓ Avoid bankruptcy
✓ Reduce your stress ✓ Stop garnishments ✓ Get a fresh start
FREE CONSULTATIONS
647-793-6411
MAIN OFFICE: 1969 WESTON ROAD, TORONTO
TORONTO | BRAMPTON | MISSISSAUGA | SCARBOROUGH | BARRIE
WELKER AND COMPANY
Federally Licensed: Proposal Administrator & Trustee in Bankruptcy

LOWEST RATES for bad credit loans since1984
What would you do with
$20,000?
PFS
✓ College Tuition?
✓ Home Renovation?
✓ Wedding?
✓ Travel?
You decide.
Paid off car 6 years or newer?
Borrow up to $20,000 the same day!
416-634-2013 BorrowWithYourCar.com
*Call for details and conditions
A division of Prudent Financial Services

CREDIT PROBLEMS?
REDUCE YOUR ALL YOUR DEBTS
EMPIREONE
Consolidate All Your Debts
Into ONE Small Monthly Payment
& Pay NO Interest
www.empireonecredit.com
416-900-2324
FREE ONE ON ONE CONSULTATION & FREE CREDIT CHECKS
TORONTO 250 CONSUMERS RD SUITE 810
NORTH YORK 1111 FINCH AV. W. SUITE 203
OSHAWA 67 KING ST. E. SUITE 2
MISSISSAUGA 165 DUNDAS ST. WEST

MORTGAGE APPROVED!
- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
647-273-5626
WWW.HOMELANDMORTGAGE.ORG
License # 11991

EMPLOYMENT

DEBT RELIEF
Are you drowning in debts?
I can help you...
- Consolidate debts, no interest
- Settle your debts without a bankruptcy
- Stop collection calls and garnishments
- Get rid of tax debts and court actions

NONA KUMAR
Estate Administrator
Credit Counsellor
Free Consultation: 416.455.7709
Evenings and weekends appointment also available
Rumanek & Co. Ltd. Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements: Head Office in North York, ON. Offices in Scarborough & Mississauga.

1st, 2nd, Mortgages
TAX/MORTGAGE ARREARS
BANK SAYS NO ...WE SAY YES!!!
NEW HOME PURCHASE | HOME EQUITY LOAN

Gaetana (Nella) Lanzellotti
License# M14000424
Centum Mortgage Professionals License# 10266
www.Centum.ca/Nella_Lanzellotti
Nella.Centum@gmail.com
CENTUM
CALL OR TEXT
416.992.5104

LOOKING TO EARN FOR THE HOLIDAY$?
- Entry Level Position Available
- Full Training Provided
- Long term Career Opportunity with Advancement Potential
- Competitive Pay + Bonus Opportunities

Call 416-479-8873

EDUCATION

CALL ERIKA
(LICENSED DEBT EXPERT)
STOP COLLECTION CALLS
GET DEBT RELIEF NOW!
Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.
1-877-332-8416
416-288-8048
Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)
Rusinek & Associates Inc Trustee in Bankruptcy www.rusinek.ca

Medical Lab Technician
Be Job Ready in Months!

Downtown Open House, Gift Card for All Attendees
Thursday, November 26, 12 pm - 2 pm
ANDERSON COLLEGE OF HEALTH, BUSINESS AND TECHNOLOGY
YOUR TRAINING. YOUR CAREER. YOUR FUTURE.
Downtown: 647.691.0914
North York: 647.360.7253
ANDERSONCOLLEGE.COM
Anderson College of Health, Business and Technology is registered as a Private Career College under the Private Career Colleges Act, 2005 and is operated by Robetech Institute Inc. Not all programs are available at each location.

BECOME AN
IMMIGRATION CONSULTANT
(ICCRC ACCREDITED)

647-691-0903
WWW.AOLTORONTO.COM
Bursaries Available Now
Call to See If You Qualify
Academy of Learning Career & Business College (Bayfloor) is registered as a Private Career College under the Private Career College Act 2005 and is operated by 1069195 Ontario Inc.

RECIPE One-Pot Chicken Cacciatore

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This updated hunter's stew smells and tastes like it's been bubbling away on the stove for hours but only takes half an hour.

Ready in
Prep time: 30 minutes
Serves 4

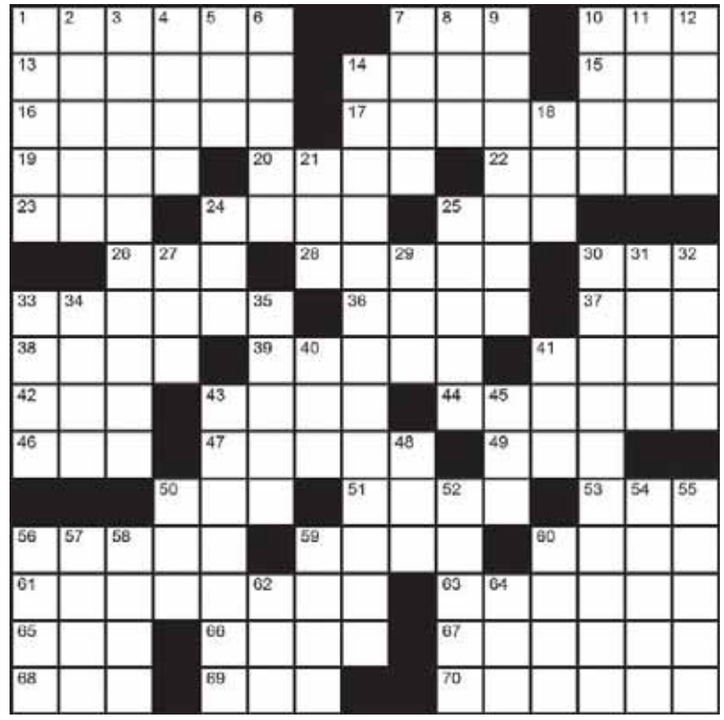
Ingredients
- 1 Tbsp olive oil
- 4 boneless, skinless chicken thighs
- Salt and pepper
- 1 lb mushrooms, cleaned, trimmed and sliced
- 3 cloves of garlic, minced
- 1 Tbsp rosemary, minced
- 1 x 19 oz canned whole tomatoes
- 1 x 15 oz canned cannellini beans, rinsed and drained
- Salt and pepper to taste

Directions
1. Pour oil into a large Dutch oven or pot over medium heat. Slice the chicken thighs into about four pieces each and season them with a good pinch of salt and pepper. Working in batches, brown the meat. Don't worry about cooking it through. When the meat is brown, set it aside on a clean plate, drain off all but 2 Tbsp of fat.
2. Reduce heat slightly and toss in mushrooms. Once they've cooked down, about three minutes, add the garlic and rosemary and sauté for another minute.
3. Now add your tomatoes and beans. Use the back of a wooden spoon to break up the tomatoes. Add the cooked chicken pieces and allow everything to simmer for about 15 or 20 minutes. Taste to check seasoning and add salt and pepper to taste.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. As per #43-Down... Reward for those amongst us who got neither #3-Down, Gold, Silver nor Bronze: 2 wds.
7. Brit-style mother
10. Utah's capital [acronym]
13. Wife of Alexander the Great
14. Throw __ loop
15. Optima car maker
16. Chicago or L.A., e.g.: 2 wds.
17. Standing __ __ (One of the tests in #43-Down)
19. 'Game' suffix
20. Garden of __
22. "_ __ Touch This" by MC Hammer
23. Mr. Mineo
24. _. _ (British glam band)
25. Chart-topper
26. Ms. Thompson
28. Bee Gees' "Night __"
30. "Murder, __ Wrote"
33. Boll _ (Type of beetle)
36. _ of reality
37. Perfect rating
38. Ms. Hathaway
39. Singer, Faith __
41. Desert's weather
42. 700 to Caesar
43. Impartial
44. Cowboy flicks
46. "Aaaii-_!!" (Cartoon shriek)
47. "_ __, I saw, I conquered." = "Veni, vidi, vici." (Julius Caesar's boast)
49. Bitty
50. Utmost, numbers-wise
51. Pull along
53. Trail
56. French _ soup
59. Ancient region of Europe
60. Identical
61. Joined up: 2 wds.
63. Three-horsed Russian carriage
65. Luanda is its cap.
66. Smelting waste
67. Apple variety
68. "Awesome!"
69. Rest in a recliner
70. Parthenon's place

DOWN
1. Architectural framework
2. Landscape garden plant
3. Top badge in the program at #43-Down, Award of __
4. Match
5. Chg. card percentage
6. Negative response giver, say
7. Satellite
8. Large vase
9. "Jerry __" (1996)
10. Gull-like bird
11. Outline
12. Hook or Cook's li'l title
14. Another of the tests in #43-Down: 3 wds.
18. Railway crossing [abbr.]
21. __ Leppard
24. Cocktail, Mai __
25. "__ __ Fine" by The Chiffons
27. Lady at #20-Across
29. Maria Trapp connector
30. Savvy, like an urbanite
31. _ to the throne
32. Remnants
33. Walk in shallow water
34. 'Refer' suffix
35. "Lifestyles of the Rich and Famous" host Robin
40. By
41. 'Deterior' suffix
43. Canada __ Award (Program for students of the 1970s and 1980s testing speed, strength, endurance and agility)
45. Cobbler's tool
48. Perrier, par exemple
50. Oui's opposite
52. Prefix to 'violet'
54. Singer, Clay __
55. Irksome insects
56. "_! _..." (American anthem opener)
57. Songstress Ms. Simone
58. Mr. Pop of punk
59. Rocky Mountains animal
60. "Nonsense!"
62. Gladiator's 551
64. Boring routine

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may sympathize with a friend's problems but it is not your job to fix them. Sometimes it's better to let others find their own way — this is one of those times. Only step in if things really start to get bad.

Taurus April 21 - May 21
It would be nice if you liked everyone and never got angry but you are not that kind of person, so if someone gets under your skin make a point of avoiding them.

Gemini May 22 - June 21
It may seem as if you do not deserve the good things coming your way but it isn't true. That's why certain people are upset: deep down they know you are better than they are.

Cancer June 22 - July 23
You are not a trivial person so don't do or say trivial things. It may be tempting but why lower yourself? You don't need to come down to someone else's level to make a point: their own negative attitude is punishment enough.

Leo July 24 - Aug. 23
Let others know what you're worth. Your talents do not come cheap. Some may say your price is too high but they still require your services.

Virgo Aug. 24 - Sept. 23
The more you push yourself the less you are likely to achieve, so give yourself some breathing space. There are times it is hard to make an impression and this is one of them.

Libra Sept. 24 - Oct. 23
Do something on the spur of the moment today — it will be fun. Everyone may not approve but you enjoy being different.

Scorpio Oct. 24 - Nov. 22
Try not to get too emotional about something that you would usually dismiss. Also, don't be afraid to cut your losses if they are getting too big: the longer you hang on the bigger they are likely to get.

Sagittarius Nov. 23 - Dec. 21
Let off some steam and don't worry if others object. They have only themselves to blame for leading you on and believing they could get away with it. You are not the type to let bad deeds go unpunished.

Capricorn Dec. 22 - Jan. 20
Try not to take anything too seriously today. You are dealing with forces that are too big to control or change. Accept your current situation for what it is and go with the flow.

Aquarius Jan. 21 - Feb. 19
If you let your feelings get the better of you today it will cause more than a few problems further down the line. Aim to put logic ahead of emotion.

Pisces Feb. 20 - March 20
The grass may look greener on the other side of the fence but you are advised not to make changes just yet. Wait until the Sun changes signs on the 22nd before making your move — you may find that you don't have to after all.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	8		2			5		
			1		9	2		4
1	2							
	3						1	2
				7				
8	7						5	
							7	3
9		7	4		6			
		2			1		6	

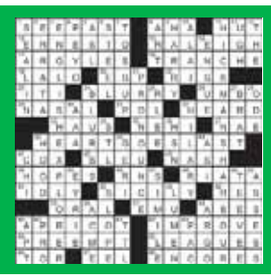
©2015 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

Want a $25 gift card for your opinion?
Join our Online Reader Panel at metronews.ca/panel for a chance to WIN!
metro

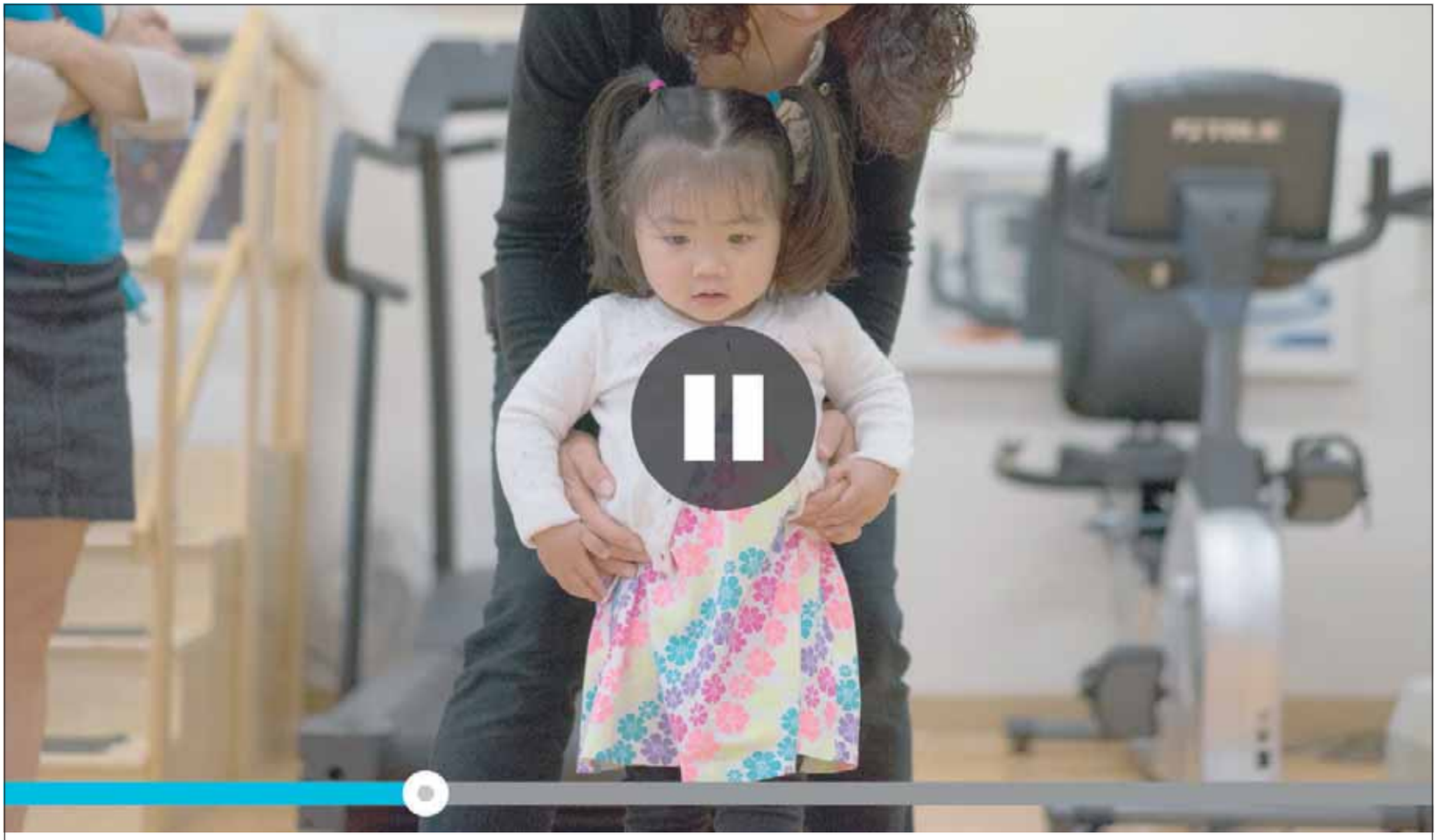
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers.

for more fun and games go to metronews.ca/games



6	2	5	9	3	8	1	4	7
1	3	7	4	5	6	2	9	8
8	4	9	2	1	7	6	3	5
7	8	3	1	6	9	4	5	2
9	5	6	8	4	2	7	1	3
4	1	2	3	7	5	8	6	9
5	6	1	7	8	3	9	2	4
2	7	4	5	9	1	3	8	6
3	9	8	6	2	4	5	7	1



When Mikaela needed
a liver transplant,
her entire life was put on pause.

Having playdates. Paused.
Eating solid foods. Paused.
Attending daycare. Paused.
Enjoying a family road trip. Paused.
Just being a regular baby. Paused.

Donate at sickkidsfoundation.com
to help unpause a child's story.

SickKids®